

HOMO MONKEY & CYBORG

Culture, Nature & Free Will



Written by J.H.O. Thimoreit

Artwork book title from an unknown artist

Thanks to Amazon and Apple Books, unlike all other publishing houses, have not censored the table of contents in none of my books ... so far!

My first book was *The Bible of the next Generation*

My second book was *The Centers of Power, Corona and I&I*

Dedication:

You can read this book in an instant. And you can do that if there is no observer or reader reading this book. You've got it? That is, the book is yourself, and the reader is that which she or he is reading. But if you now think: I'm different from that which I am reading, than you are translating what you read in your mind - you interpret Meme, only! You are reading than according to your prejudice, knowledge, previous history of experiences and traumata's - and therefor between the reader and that which reads there will always be distortion, conflict. So, if there is the art, which is to put everything in its right place. Therefor, when you read this book, any book of yourself there should only be observation, not retention, not acquiring knowledge and with that knowledge, read books. There is only observation and then the book will tell you everything! Literally it will cover the whole world of humankind.

This book to the very, very few of us that can comprehend this *forbidden knowledge*, there is no value in this book for they are already awakened, the enlightened individual;

neither for the completely non-awakened individual – this book will only be of interest to the individual that is already on the path of awakening. It is thought that will say: I will continue...

Are you interested in all of this...?

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CULTURE VERSUS NATURE

BULLSHIT JOBS

In a capital system we think it is normal for us to live like the way we do or we would live like the people in North Korea. The author David Graeber ¹made a survey in Europe and the USA asking employees how meaningful their job was. It turns out the almost half admitted that their work is essentially meaningless and pointless. That does not include the personal that works for a company that does meaningless work, but their work is actually meaningful because they were watering the plants or cleaning that office.

The political complications are tremendous, it is accepted that the only important issue for the politicians is to create more and more jobs, nobody cares if these jobs are truly meaningful. The management level of corporation also does not care if they hire personal as long as those workers make their position look important; the other side is the creation of bureaucracy in government.

In the Industrial Age we got used to the idea that it is necessary to have people doing boring and dull work in an assembly line. It was useful because they made machines, tools, guns, cars and planes. This has changed by automation and robotics. The times changed and we created the corporate world and the bureaucracy. We created an industry of bullshit jobs and a few rich people. In general, we have to look at government as a system to keep the population busy and the population is actually asking the state to

give them meaningful professions. The psychology of meaning means that the individual has the feeling of being useful, the pleasure of being a cause – the *feeling* is sufficient enough to be happy. It shows that care-giving and freedom makes one really happier, as just production and rendering services.

If you give money to poor workers they spend their money on buying shoes for instance, you give money to middle class workers they spend money on buying a swimming pool. But if you give money to rich people of large companies they do not spend their money to buy shoes or swimming pools, they spend their wealth on effects that feed their Super-Egos.

We notice that the industrialized countries have a lot of depressed workers and we mainly find them when they realize that their job is meaningless. We have actually job's that don't solve the problems, but rather administrating it, for example you have a leaking roof and instead of hiring a carpenter, you hire a person with a bucket that collects the rain water coming down from the roof. The survey also noticed that women partly are more satisfied by their service jobs, it showed that when you are in care-giving professions, it satisfied them far more as the men that usually are in clerical and administrative professions where the either just look good or they are there to supervise others work – which they could just as well do without their supervision.

We find huge amounts of bullshit jobs in the medical and pharma industries. The majority of surgery is senseless! We have surgery that serves only the pockets of administration and corporations. The idea that I just take a pill prescribed from my doctor is going to solve my health problem is wrong and, in many studies, to be proven wrong! It is again the same argument as before: Yes, my job is meaningless but it pays my salary! And it is obvious that the tax payer is the one that pays for this senselessness and thereby upkeeps those two industries and prevents thereby an urgent necessary reform!

We have a majority of marriages that turn out to be meaningless. We surely all marry or fall in love based on a chemical reaction that our mind & body produces. The problem with that is it doesn't last for a life time, usually after a few years it wears off. This is for the genes no problem, it wants to propagate itself and has no other purpose. The Homo Monkey has a problem with it and has to decide, do I continue a meaningless relationship or not – usually we

find that the decision of leaving or staying doesn't turn out to be beneficial for the individuals.

I might include our schools and universities, where efficient and most of all meaningful, practical knowledge is completely absent. The teachers are surely understaffed and under-financed and we find that teachers have given up the idea of a good education for our children. The university professors have even more pressures by publications they keep themselves justified and therefore keeping their jobs. The research also suffers by that since it is not important anymore what is being studied and researched as long as there is money to be made; but most research is by nature a study into the fog of knowledge and eventually it pays off.

Another area is the business of politics and those many government servants in this example of bullshit jobs. We have left common sense in this "industry" a long time, probably we never had sense in *politricks* in the first place. And while I am at it is justified to include the industry called military and the Intelligence Agencies in my argument as well. We find that it becomes necessary to start or provoke wars in order to stay in business.

I started the book with the topic of senselessness for one single reason and that is why does Homo Sapiens act like Homo Monkey? Why do we do things, knowingly or unknowingly that it is Bullshit? What brings us to hurt ourselves by doing so in the long run, not to mention that it hurts the society we live in as well...?!

It will be explained in this book we find out the reasons for being like that and I will show that what is coming to us through the plans of the power elite that this conflict of interests will be solved – once and for all. When we look at these conflicts we must keep in mind that we are animals and the social structure is not entirely invented by us, but rather we carry on what we have been programmed to be

over millions of years.

We have to take a closer look at nature and the way it works.

The reader might encounter the difficulty to be an objective reader, keep in mind that your mind has a real problem when it is criticized and will fight its own thoughts not to come to realizations that would crumble its illusion!

Nature

So, how do we compare this behavior with other animals? It is impossible to find any alpha male chimpanzees that forces some member to act out meaningless and senseless gestures, that would only happen by animals that we condition!

It is easy to find such obedient and senseless behavior by our house animals and circus animals. They will act primarily out of conditioning, purely based on either **pleasure or pain**.

The pain leads to fear and the pleasure leads to desire. I guarantee you that beating a dog to be obedient is working (*Hardpower*), but any experienced dog owner will tell us that it is far better to train a dog with love and patience – and treats!

That type of manipulation and indoctrination is called *Softpower*.

And just as any professional dog owner uses Softpower over Hardpower, so have our owner learned that the indoctrination by Softpower is far more effective to turn and keep us in physical and mental slavery. The mental chain nowadays is the desire we feed our Ego-self, it is consumerism, the debt load we have to buy our desires fast on credit ... and secondly, we have ideologies that make us believe in our worldly leaders, as well as our gods living in the clouds. Later on, I will write about *Transhumanism* to connect human and machine with each other and those Cyborgs being connected to a global hive mind, doing jobs aren't the objective than any longer, they will have a new purpose.

To close this we can say: In this sense we differentiate radically from any other living organism on this planet. We find animals that are using others for exploitation, even keep them in slavery (ants do that) but it shows that both sides have their benefits. In how far the senseless worker knows about their meaningless job, but still does this job – is understandable.

However, it gives no real satisfaction and proves to be depressive in the long run. It certainly shows, once that type of individual faces its own death and recapitulates its own meaningless life...!

“That what we fear to lose when we encounter death, is the illusion of the Ego-self that our brain has made with the mind. It is this illusional persona that the mind has created,”

writes Jiddu Krishnamurti.

POLITICS

During the Neolithic time epoch, when humans lived in groups larger than 500 individuals we come to see a form of *statism*. There is an alpha male on the top, then we have a group of individuals that support the so-called ruler or king for selfish reasons, and the majority that obeys the current structure of power. In the animal kingdom of social animals, it is very evident that the strongest tyrant does not last very long until he gets ripped apart by his peer group. Chimpanzees can be extraordinary brutal and vicious. It seems that having strategic alliances with others is the key to success, both for the king and his kingdom. It started with the Greek during the Hellenistic time epoch and later with the New Testament that people actually got together to rethink the utopian concept of a perfect state and ruler. The idea that the individual needs to be respected and therefore the entire population was an ideology that we could call *democracy*.

It is needless to say that the Centers of Power, the Super-ego-self and their hierarchy of domination did not like the idea at all. It started to shift during the Renaissance in the 17th century with the British, American and French Revolution. And it was partly successful since the king, queen and their followers had to give up their god given titles ... but they just changed them to *politics & politricks*. Actually, we are still living today under the same old rulership we have been living under 8000 years ago during the Neolithicum. In my previous books I have studied the influence of the bankers and the psychologists that have done their part so good that it is next to impossible for the masses to create a *great reset by a great resist*. I will not elaborate on that any further, since any reader will have grasped that illusion, otherwise you would not read this type of book. I leave with George Carlin words:

“Governments don’t want a population capable of critical thinking. They want obedient workers, people just smart enough to work and just dumb enough to passively accept their situation.”

Anarchism

By striving to do the impossible, man has always achieved what is possible.

-- Mikhail Bakunin

Anarchism has gotten a bad rap over the centuries and there are many subgroups in this ideology. For myself I chose the anarcho-pacifist since I know the meaningless of answering war with physical war. In a general term we could coin anarchism with the intention of not ruling anyone and not being ruled by anyone – no person above, and no person below – we can also agree that the principle of cooperation is a driving motivation, with a sense of respect and a certain amount of love for the others, comes pretty close to what Jesus, Buddha, Luther and a few other **Free Will** beings have tried to teach humanity for the last two millennia. There is a long history of resistance and it has been known since archaic times that the enemy is us. It is cultural conditioning, just like a bad software that fucks up (consumes) your computer. It is not generating culture. The call to authenticity never came from the institutions, it came from the outlaws, the rebels and the mystics. They were searching for the promised land for humans and not institutions. They know who is a fool and who is wise, who is loving and who is deceitful.

Bretton Woods 2.0

In July 1944 the globalists in Bretton Woods New Hampshire implemented a plan that began in 1904 on Jekyll Island. A New World Order, on Corbett Report.com Episode 390, there you will find all the background information, here I will talk about what is happening right now. About 76 years ago, a world currency was introduced with the USA. Dollar. In 2020, a Central Bank Digital Currency (CBDC) will be established, to be introduced in 2022. Things are on the move, and they are happening fast!

A new currency paradigm. The Corona Plandemic offers an attack on civil liberties in the way we deal with money, that we exchanged

money anonymously among ourselves was and is a problem of power centers - this will change because digital technology enables a control system of every single transaction! The control system is what China is already doing today - controlling travel, health and private business. It will be linked to our new digital national ID's, health and social ID's.

What the IMF (International Monetary Fund), World Bank, Central Banks and BIS (Bank for International Settlements) are talking about is the crypto currency. This will look like this in the final phase (around 2030):

⇒ *As a wholesale currency, all national central banks are connected to an alpha bank.*

⇒ *The retail currency means that every company and person will have a bank account with its central bank.*

The promise of our governments will be: Don't worry, we will take care of you and give you a free monthly income (UBI's) - we take care of you!

Over time, this system is what Aldous Huxley predicted in his book in 1950: A brave new world.

How can we avoid this global control system?

Surely there is nothing we can do from within to stop this agenda from moving forward; these global forces bought and own all the government institutions, media, and corporations long ago, as George Carlin told us 30 years ago when he said, "They own us!"

Our power is not to participate in this economic banking system. There are other ways of participating in the economy, building parallel forms of exchange, thinking about alternative currencies, barter and agorism. Trading outside its system is a space that must be built up, just as the BIS is building its system step by step.

Our power is not to participate in this political system. How can we avoid being governed by politicians and still maintain law and

order with the current system? our power is not to participate in the political system. The democracy app in Germany is a system that allows users to vote in parallel when politicians vote in parliament.

There are many, many trade and commodity ideas, and some of the commodity ideas in economics and politics I mentioned above are already there. What anarchism is about is cooperation between people at the local level, without the middleman. The digital technologies are also a window for a modern anarchism that would certainly not be welcomed by the centers of power. There is a view that we hold at the end of the 20th century:

Think globally and act locally.

This is what the vision of both aims at: local governance and global over government to delegate and organize - that is something we, the people, could achieve ourselves!

With digital artificial intelligence, we would not need our politicians or the bankers or their bureaucracy!

Alternatives to the state system

⇒ ***Democracy App** available in Germany: With this app you can follow the election debates in the Bundestag and at the same time vote independently from the participants. It compares what the participants want and what the politicians decide. In the future, the decision about us by politicians and their power interests can thus be eliminated by lobbyists - participatory democracy!*

⇒ ***Crypto currency**: available worldwide and completely independent from central banks and political regulators. The Bitcoin/Fedcoin is an attempt of the power centers to adopt this development into their system in a covert way. But that is not the purpose of these many providers of a crypto currency. The purpose is pirate money - this allows us to send money worldwide, with almost no fee and completely anonymous!*

For more information see: Corbett Report.com

The most important philosophy of every anarchist and, by the way, of every homo monkey should be a moral code of ethics. We have established this already 5000 years ago in Egypt. It was the assured knowledge that each of us would be judged after death. We know the story of Libra: On one side was your heart and on the other side was a feather. If you have lived a life by not making life even harder for someone than it already was, you will not enter paradise - simply and really good. But we know that our mind is controlled only by animalistic algorithms. When I tell my children that they are simply always telling the truth, and that they are being guided by the good ... and these are obviously clichés, and so they lack the power because they are clichés. But you can take them apart and use them in a way that stops being a cliché. And you do that by being more humble towards them, I would say, because maybe you can't tell the truth because you don't know what the truth is. But one thing you can do is stop saying things that you know are untrue. You could say: How do I know they are untrue, and the simple answer is that you need a whole range of philosophies that evolved in human culture about 20,000 years ago - shamans probably first thought about this when they came up with all kinds of answers to explain their realities. But that is not the point, the point is that there are times in your life when you know that the things you say are not true. It is a lie; a kind of deception, and you use it to manipulate yourself or another person or the world!

The fact is that you would also be obsessed with the idea that you could get away with it. There is a satanic arrogance in this, the archetypal arrogance about the mythological character of Satan, because Satan is exactly the archetype of the spiritual monkey who believes that he can twist and bend the structure of reality - primates do this - but there is a price to pay for this. I cannot imagine anything more arrogant than that. Do you really believe that you can twist the structure of reality and get away with it, that it will work for you without snapping back?

It's so obvious that it can't work, that everyone knows it. You know through the rules you play that you sometimes break the rules of the parlor game you play.

The first problem in finding the truth or behaving responsibly would be simply to stop cheating, no matter what game you have chosen - this is a good start and will put your life in order!

Of course, it's hard, we are animals who make mistakes, and mistakes are there to make us learn to be (in)-form ... so yes, computers will help you if you are good, and malicious if you are evil! This applies to all other things as well: We are so easily addicted to push buttons on the screen, to substances, to people - we are animals, they are addicted too.

Well, maybe not to hate, in that we are clearly unique in the animal world. After I wrote this, I mention that we should focus on the positive emotions here, and for that we should touch on the subject of shamanism once again...

SHAMANISM & MYSTICISM

The oldest books, the forgotten countries, the unpronounceable islands – that sort of thing when you search for the iridescence, pushing out the edge of the permissible. We must discover Terence McKenna when we want to get to know the good stuff of these mystic people that are called shamans and we should hear what they have been telling us since the Stone-Age period. ²

The world we are living in is not at all the linguistic structures we have inherited. We are living inside of some kind of artificial construction, which is potentially permeable by human understanding. So, what is really going on? What do you think is going on? The situation is mighty peculiar, on a surface of a planet where *gene-swarming* is going on, we are realizing and noticing this and ask ourselves are we coming from them? We are part of those creatures?

The shamans knew that there is more than gene-swarming, it is more than a world made of bullshit jobs, politics, religious institutions, language, code and logic – they knew there is also the unspeakable and it is not silence, it is the underlying structure of language and therefor the basis of thought; literally another special dimension in space and time.

The history of shamanism

Trying to understand the world and trying to understand who is asking. These were questions asked long before a shadow was cast over a cross in Jerusalem. Shamanism is how healing, therapy, dance, music, singing, art and religion was practiced for the last 500.000 years, it is a prerational science, to understand these questions, other mysteries most of all to be in touch with nature. She and he are the hunters for the truth.

It was and is their aim to disillusion *boundaries*, without and with the help, by surrendering to a plant or mushroom. It became apparent to them that their world is not the way it appears to be! The world is, for a better word in search: magic. The shamans loved

to play with this, they were and are passionate magicians.

Psychedelics were used mainly by the shamans, as they say: to meet the others... You can't do much with that, since it is so hard to bring back some kind of artifacts and share it with the tribe. ³

We can surely bet that once the shaman was confronted with a city-state, a group of individuals, that was so large in size that anonymity arose its purpose was unwanted. It got replaced by an institution called priesthood, next to many other institutions like kingship, mercantilism, agriculturism, militarism, scientism and so forth and so on. The struggle began between the ideologists and shamans – the shamans have lost, withdrew and became the future hermetics and alchemists. In this realm those hunters for truth in all dimensions kept on wondering what we call hallucination, another simulation. In a strange way they remained a co-partner with the gods in the project of being. *Hermeticism* actually refers to humanity as the brother to god. In the hermitic magical view there are no boundaries between the spiritual world, the dream world and the everyday world. ⁴ I would like to write some of the original

sentences from the *Corpus Hermeticum* and you may get a feeling how these people were thinking some 2000 years ago:

If then you make yourself not equal to god, you cannot comprehend god, for like is known by like. Leap clear of all that is corporeal and make yourself to alike expense which that greatness that is beyond all measures. Rise above all time and become eternal, then you will apprehend god. Think for you too nothing is impossible. Deem you too are immortal, that you are able to grasp all things in your thoughts. To know every craft, every science, find your home in the hunts of every living creature. Make yourself higher than all heights and lower than all depths. Bring together in yourself all opposites of quality, heat and cold, dryness and fluidity. Think that you are everywhere at once, on land, on sea and in heaven... then you can apprehend god. But if you shut up your soul in your body and say I know nothing, I can do nothing, I am afraid of earth and sea, I cannot mount to heaven, I know not what I was, nor what I shall be – than what have you to do with god, your thought can grasp no good...

I find it very interesting, it leaves lots of room to put us in the time that Jesus and Buddha were roaming their streets, thinking, thinking...so where lots of *normies* as well. During the time this man from Nazareth was living, there were many groups of people believing in all sorts of so-called simulations, there were gods making babies with humans, humans being half-gods, humans turning into gods, Terence goes into that in his lecture.

Did you know, I bet you did know, John Dee in the late 16th century was the last famous magician and scientist of his time in Europe.

I have no doubt that the intellect of Homo Monkey has not improved over the last few millennia, it seems to me that the

tragedy of today has nothing to do with the access of sufficient valuable information. It is very obvious to me that it is the institutions of the king, priest & banker in complicity with the indoctrinated masses, that suppresses our faith we might have to fulfil:

to go to the stars and be with the gods.

We have found a *dark star*, 10 Light-days from our sun. This star causes a disturbance around Pluto and causes the onfall of cometary material. It causes the extinction of the dinosaurs. We have found evidence of this regular impacts here on planet Earth – the cycle is every 26 million years when large objects are impacting on Earth and causes most of life forms to become extinct. I like to think that if there is a Gaia than we humans might have the purpose to save life forms, which we will inevitably do when we become a star civilization. When we would travel to the stars we will take thousands if not millions of different life- forms we have on this planet with us.

This is not to say that the planet will fall to pieces, we expect another return of that dark star not for the next 12 million years. The governments are very well aware of massive debris flying around us, the fact is also that we don't see all of them. A meteorite that comes from the direction of the sun would be invisible to our telescope until it is just about ready for impact – the time span the astronomers give us are 3-4 minutes before impact, most of us would not know why we got hit and possibly wiped out!

The danger is very real, it is merely a question on when it occurs and how we have prepared ourselves by establishing some kind of protection from those meteorites that we can detect – in 2020 there are plans of a defense shield, but nothing is put in place out there.

THE FREE WILL

FREE SPIRITS

Do humans have free will, or are we programmed by society (meme) and nature (gene)?

Humans are a programmable species more than any other species on this planet. We live inside the most ancient *operating-system* of all – ideologies!

For many years I could not understand why humans flock so strongly towards ideologies like capitalism, communism, Christianity, Islamism consumerism are just some of the nicer ones as Satanism, imperialism and fascism for instance. Having grown up in socialistic Germany and seeing the people around me buying into the nationalistic, authorism and religious as political obedience to follow the *leader* narratives – and I did rebel that without understanding why I was so rebellious – made no sense to most of my friends. It was only when I left to the USA that I came to understand that people everywhere are buying or better are manipulated and indoctrinated into various false narratives and straight out lies and conspiracy facts. But still today almost a third of the world population believes

truly in the honesty of their politicians, the existence of a God living in the skies, that lots of money is security and happiness ... but most of all feeding their Ego-self with power ambitions because in their childhood and adolescence they were oppressed by their guardians of life. To put trust in one's own critical judgement about oneself and the world is a very rare phenomena for this animal called Homo Sapiens.

The drive, urge or intuition to believe whatever instructions come from above you, from so called authority with a title, famousness or power position is never to be questioned or critiqued in the least bit – probably out of fear as well. Some of us notice that already when all of us notice that, when we are still young, but some of us will not bend down to the tyrant...most of us do it without a fight. It could very well be a genetic, an evolutionary feature of those very few of us – it is powerful, it shapes character and opens new horizons, but it is also problematic in life. The ability for large groups of people to follow one set of rules, to blindly cooperate, is how Homo Sapiens (the primate) established living in groups larger than 100 individuals, started groups of over 500 and settled in City-States (ca. 8000 years ago) that were dependent on a steady food supply of specialized individuals that would do just that – the Hunter & Gatherer Society. Then came the agricultural and domestication phase into existence some 15.000 years, we invented the idea of MY LAND and others respected that claim (more or less). It was not long until the need for a standing army of warriors was essential to protect all that stuff the Ego-self acquired and would never want to let go; even after death it was important to have stuff, as archeologist find in their Neolithic grave sites. That made us even more to conform to this unnatural big size of an anonymous group. We came dependent on that way of life, they have started already to forget how to survive as their ancestors did for millions of years. Today we are still trapped in that *golden cage & chains* called society with statism.

Sure, this is the main reason why we outcompeted all the other Homo-species that were living in those times; we interbreed with the females and killed the males, robbing and enslaving is what those city-states Homo Sapiens were good at! The other now long-gone nomadic hominin groups shared the same fate as our other primates the chimpanzees, gorillas, and so forth. So, living with and belonging to a larger group with absolute conformity to that ideological entity called tribalism and statism made us not only survive better than the others, it made us conquer the world ... and that with fear, pain and blood for at least 5000 years when the rise of empires started in Egypt.

That means also, when we debate over the question why we don't exercise a Free Will, Free Thinking and freedom from our masters it is not really completely genetics that chain us, but of social conditioning for these last 8000 years. A bit is definitely genetic, we know certain animals we keep in our zoos and they accept their imprisonment, some won't accept and just fade away in these cages. For psychologists and behaviorists, it is obvious: humans don't have a free will and imprison themselves!

Here we may go into a very issue to understand for the most of us and it took myself a good 50 years to get comfortable with the idea that there is something like a Free Will, even though having read about it the last 35 years.

Having read about an *observer* in the mind that finds sense and makes correlations between adjacent states in its the environment. We can describe the cosmos in a set of states, which are the laws of physics, that are the correlation of adjacent states. And what they describe is how information is moving in the cosmos between states. This is how I think about a cosmic observer right now, and this depends on the capacity of the observer for modelling this and the rate of update the observer is getting over time - the older the more complexity the observer has to compute. Does this help?

I suspect that a cosmic observer is far more that making intelligent models of the world and its laws, there is plenty of evidence that the cosmos has started in a less complex structure as what we can see in the star-heaven today and it is likely that this complexity of today is not only more complex by tomorrow, but that the rate of accelerating the complexity is speeding up – and therefore we may assume that the information is growing exponentially as well.



“The richness of the human world is not in owning stuff. The richness of the human world lies in being able to access what is within us. Our minds are not blank slates, our minds are doorways into an infinite labyrinth. A kind of Borgesian library of infinite possibilities, and we can choose to open these doorways in whatever sequence or fashion we wish.”

- Terence McKenna

facebook.com/LanguageEvolution

The God Idea

When we try to look for a *god* by observing nature, we must give up such an attempt if we are looking for a god that the Christians claim to know. In nature we find no compassion to the weak or sick organism. We see no kind of forgiveness and love; other than that, what we call *mother-love* between a mother and her child. When we move from the animal sphere to the plant world, to the microbial world there is cooperation and complexity ... but that is nothing unusual of nature. It is a careless spirit out there, it does not show any benevolent or malevolent traits; there are natural rules and they are pretty simple in the behavior of any living organism.

It is not much different when we observe the behavior of human primates and their social living in a group of individuals. We have not come up with any concepts of those that Jesus or Buddha, Krishnamurti or Drewermann came up with. These minds have come up with benevolence that is the extreme exception amongst us monkeys! It is obvious that the majority of humanity has not adopted their ways of thinking, even after 2400 years. It should also be obvious to the rest of us monkeys to understand the value of unconditional love, of forgiveness and so forth. But we don't! And we don't because we might understand their teachings, but are still far from *overstanding* their wisdom. Sure, we know by now that human minds are run by computational machines, making software's based on bio-chemical algorithms from nature and memetic algorithms from nurture.

The paradox of Free Will is that you get fewer choices, because you overstand what the right, proper *path of heart* is. The less we understand the more freedom of choice we have, consequently more ways to fuck-up; and your actions

don't mean very much good. In other words, if you base your actions solely on your value-functions or better *reward-functions* of the two algorithms nature & nurture. I would like to remind you once again that when you look down onto your body you're trapped in a monkey suit.

Francis Bacon wrote in 1620 about Epistemology:

"Confidence in a belief must equal the weight of evidence supporting it." And this means to me that I should not smoke any cigarettes because I have scientific, medical evidence that it will harm my body sooner or later. Or another one:

One cold shower a day, keeps the doctor away.

I understand and yet I don't *overstand*, because I continue smoking. This is something most of us do in one way or the other, we can comprehend the evidence and yet do not act accordingly. This is what we mean when we talk about Unfree Will. If we have the man from Nazareth tell us not to hit back when you got slapped on the cheek, it is to most of us stupid, to some of us a wise response because they know that it turns out into war, where never really one side is the final victor. The very, very few of us see the deeper train of thought behind this concept: love your enemy, he or she is a victim themselves, **hurt people hurt people**.

It goes on further when Jesus said: When you good people have died, I will wait for you and bring you to my father, but after that I will gather all the murderers, hookers, thieves ... all of them I will bring home as well, because they need it most of all. Something that is definitely crazy, right?

Then we have Buddha or Krishnamurti that reject a kingdom from their father and a world organization in the case of Jiddu. Why did they do such a foolish thing most of us would ask?

All of them had Free Will, they looked and foreseen the result of hate, rage and war. They foresee the result of

material wealth, envy and greed.

Jiddu believes that this can only be done when thought stops at all thinking with the two algorithms of nature & nurture. Jiddu said that we should pay attention to the observation, without judging, comparing and the need for desire of power, wealth, fame ... all those things that get the Ego-self excited or hurt, depending on the success or failure of these desires.

This actually goes contrary to what science has figured out. It is not the individual that the group can learn the most, they say:

- Only true Intelligence is truth.
- *Intelligence is a multi-generational property*
- *Individuals have however more intelligence than generations*
- *But civilizations have more intelligence than individuals*

The civilization intellect I like to call Zeitgeist that feeds itself from the Memegeister – wrote about that already in the last book *The Centers of Power, Corona and I&I*. In history we have seen many times where this intellect was lost, remember the fires at the Library in Alexandria?! Typically, we gained the intellect back again to the Zeitgeist, we took it back from the Memegeister.

We discover the knowledge over again, similarly the same way nature invented the eye several times independent from each other. Could this mean we have also a gate keeper to the Memegeister, a kind of GOD? It is a fact that humanity as a whole does not actually exist, it's a story. Humanity as a whole does not think, only individuals can think, and by doing that we may think together in small groups and so forth. So, again: humanity does not want anything, neither the Zeitgeist nor the Memegeister. It is human monkeys that think, that can want something; we can create the narrative that humanity wants something,

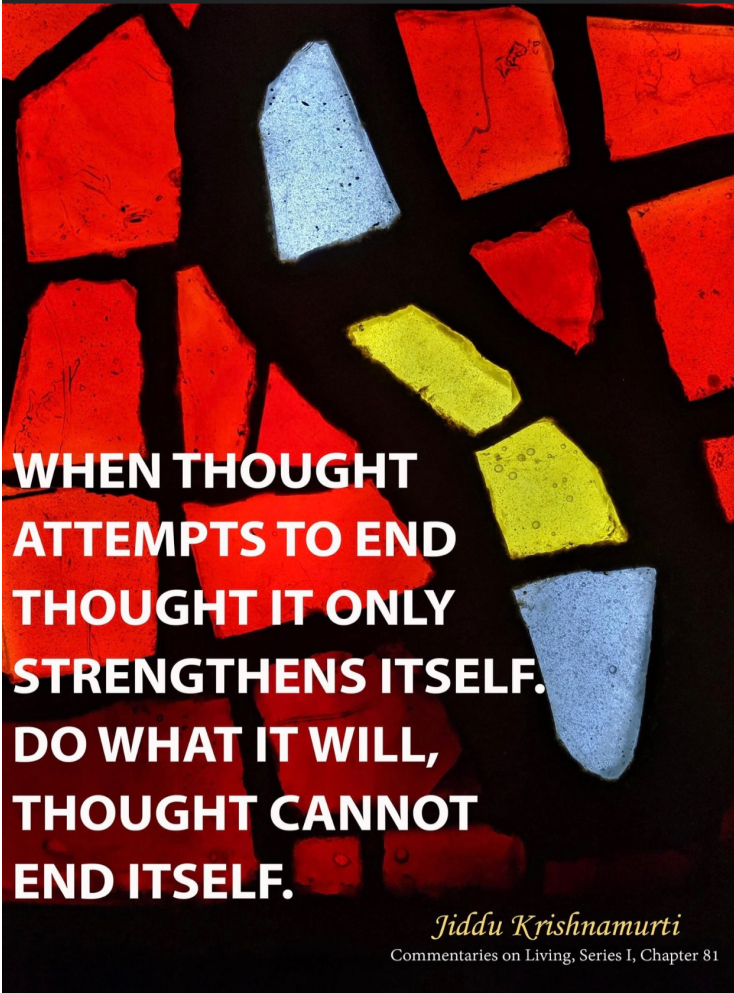
the political party, or the nation. The individual however has individual proclivities, traits and traditions from their upbringing, the intellect that their parents downloaded on them, the intellect that their parents downloaded on your parents, it is conditioned like the person working at the bullshit job, it has algorithms that do not allow to freely interexchange to other software that might not be approved by the operating system... I know this is a very big simplification - you overstand where I am getting at, it is very important not to lose my train of thought right now!

The AI-programmer Joscha Bach ⁵ thinks so and calls it a *Universal Computer* using computational mathematics (intelligence).

We find that Jiddu Krishnamurti has put observation and the observer from the point of view from a biological mind in different meme, but essentially, he means the same thing about the cosmos. He asked is it possible for the brain to be unconditioned, to be free of the known. Than he says it has extraordinary capacities, when the brain is completely free of thought – like a state of deep meditation. Observation therefore is the total denial of any thinking or any analysis it is impossible to observe for the mind, since the mind will always be judging, being prejudiced and so on. That is how the mind tricks itself, by knowledge into security. But knowledge like truth can never be complete, knowledge and truth must be incomplete. I hope you are following all this. All this has cause and effect, observation is entirely different from that. Observation is immediate: you see a tree; but if you begin to analyze you never see the tree – you see the interpretation, your interpretation of the tree. Analysis implies automatically the analyzer who is analyzing something outside him or her. But if you observe very carefully. The analyzer is the analyzed! Right? You follow this? Can you see that, not as an idea, but as a fact?! Like anger is not different from you, you

are anger, you are conflict, the conflict is you. When you are angry, at the moment of anger there is no division between the I and the anger. But later on, a few seconds later, you say, I have been angry. So, you have separated yourself from that reaction which you have called anger. The same thing is when you analyze yourself – the analyzer (observer) is part of the analysis, part of the very thing which is observed or analyzed, it is not separate from the analyzed.

Please understand this, go into yourself. This is philosophy but when we read what Joscha Bach has to lecture about the mind we will hear the same type of information, only put in different concepts of thoughts – but it is the same: we are living in a simulation that we construct by all the knowledge we have been taught and given to by our genetic ancestors!



**WHEN THOUGHT
ATTEMPTS TO END
THOUGHT IT ONLY
STRENGTHENS ITSELF.
DO WHAT IT WILL,
THOUGHT CANNOT
END ITSELF.**

Jiddu Krishnamurti
Commentaries on Living, Series I, Chapter 81

The cosmic mind

How real are you? What if everything you are, everything you know, all the people in your life as well as all the events were not objectively in reality but just a very elaborate simulation? This hypothesis is one of the many hypotheses we have, when the question is raised: who am I, where do I come from and why a cosmos in the first place?

Surely none of us humans have found the answer that can be proven, even if some of them got the Nobel prize in their field of study. Nick Bostrom among others stipulates we could very well live in a computer simulation, he proposed that all our existence may be just a product of very sophisticated computer simulations ran by advanced beings whose real nature we may never even be capable of understanding based on our current mind-set. Well, even if we get an update it would not answer the questions who and when those beings were made – this doesn't solve any standard *deep questions* I just written about. The theory is interesting since no single human has given us an answer and proof where our consciousness and thoughts are coming from.

Now a new hypothesis has come along that takes it even a step further – what if there are no advanced beings either. What if all the objective reality that we perceive as our individual, subjective reality, the cosmos, the stars, our planet, everything in “reality” is a self-simulation that generates itself from pure cosmic information? The cosmos is a “strange loop” says the new paper titled *The Self-Simulation Hypothesis Interpretation of Quantum Mechanics* from a team at the Quantum Gravity Search a Los Angeles based theoretical physics institute founded by the scientist and entrepreneur Klee Irwin. They take Bostrom's *simulation hypothesis*, which maintains that all of our individual reality

is an extremely detailed computer program, and ask, rather than relying on advanced lifeforms to create the amazing technology necessary to compose everything within our individual world, isn't it more efficient to propose that the cosmos itself is a *mental simulation*? They tie his idea to quantum mechanics, seeing the cosmos as one of many possible quantum gravity models; which is also the current position of Joscha Bach. The reader has to understand that we are not talking about a dream here, since you may say rightfully: how come we land on the moon and a meteorite once came crushing down on this planet – dinosaurs did not die from a quantum simulation! That is so not true, we have read about the way atoms, matter we can touch are build. The particles that make the nucleus, protons and electrons are made of Strings we call Quarks. These wave-particles are both: energy-waves and particle-matter. At this point we come back to the question of the building blocks of matter, if we say it is a quark like quantum physics says, we must question quantum theory entirely ... the problem with that is quantum theories are working in the real world or you would not use solar-panels or your iPhone!

One important aspect that differentiates this view relates to the fact that Bostrom's original hypothesis is **materialistic**, seeing the cosmos as inherently physical without quantum theory. To Bostrom, we could simply be a part of an *ancestor simulation*, engineered by some living organism. Even the process of evolution itself could just be a mechanism by which the future, present or past beings are testing countless processes, purposefully moving organisms like us through levels of chemical, biological and technological evolution that they made up. In this way they also generate the supposed information or history of our world – like the god that the Abrahamic religions believe it, their god made our simulation world within six days. Ultimately, we wouldn't know the difference, it is more than a simulation, it is what we call an emulation; that means there is no difference between the copy and the original.

So... where does the physical reality, the objective, real reality that would generate our simulation-world come from? It is a fact that the researchers are wondering about that too. But the advanced step in their thinking is that they turn the creator-god also into a simulation, this is a non-materialistic approach, saying that everything is information expressed in our case by mind and thought – and that I find intriguing and stimulating! As such, the cosmos *self-actualizes* itself into existence, relying on underlying mathematical, computable (!) algorithms and a rule they call *the principle of efficient language*.

This is definitely something that I called the Memegeister, others gave it different names, I wrote about it in my last book.

Under this proposal, the entire simulation of everything (someness & nothingness) in existence is just one **grand thought**. How would the simulation itself come into existence out of nothingness? The researchers say what today's scientists and religious believers say: it was always there – they call it *timeless emergentism*!

Okay perhaps there is something like eternity that I just can't get used to, but I just don't want to get used to a true fact that the cosmos is endless and timeless. We have no proof anywhere that shows us that there is a timeless and borderless structure – anywhere!!! To me I think that those Memegeister could also be part of the nothingness, at least we have solved the creator dilemma. The problem with time in a spaceless space called nothingness is not there for me than, the same goes for boundaries. The cosmos must have a boundary since it is evidently expanding, when we observe that galaxies are moving apart from each other. And in a simulation of nothingness there wouldn't be any such thing as a frontier ... what I just can't explain is the creator of the Memegeister, it implies time again!!

According to these researchers there isn't any time in their hypothesis, instead this self-encompassing computable thought (protocol) that is our cosmic, objective and

subjective reality offers many levels in a top-to-down structure. So, in other words of different realities, dimensions, atoms, quarks, emotions, knowledge, data and all that would also be just “computable sub-thoughts” and they reach all the way down into the Rabbit Hole of pure creation. This is where the rule of efficient language comes in, suggesting that humans themselves are such *emergent sub-thoughts* and they experience and find meaning in the world through other sub-thoughts (called “code-steps or actions) in the most economical fashion.

Recent advances in quantum gravity, such as seeing spacetime emergent via a hologram, also hints that spacetime is not fundamental (which the majority of scientists still believe). This is also compatible with ancient Hermetic and Indian philosophy. In a sense, the mental construct of reality creates spacetime to efficiently understand itself by creating a network of subconscious entities that can interact and explore the totality of possibilities – something Jiddu Krishnamurti talks about for years to his students, and they just don’t understand what the fuck he is talking about!

The above-mentioned scientists link their hypothesis to *Panpsychism*, which sees everything as thought, consciousness or simply put: **computable data!**

This strange loop that they are talking about would then be a *panpsychic self-simulation model*. Or if you like this meme: **panconsciousness**. This, at the foundational level of simulations, which self-actualizes itself in a strange loop via self-simulation. This panconsciousness also would have to have Free Will and its various simulation levels essentially have the option, or ability to select what code of the protocol to actualize, while making meme-syntax-choices out of the *memeworld* I call Memegeist. And the sole purpose of these Memegeist is to generate meaning and consciousness out of data, out of information – like a biological or chemical lifeform that metabolizes by eating

others ... so would data, eat data, thoughts and meme would eat thought and meme. I think it is pretty clear that consciousness is a part of the Memegeist, we are basically talking an entire new way of making and understanding our world and yes, it is contrary to what religion or mainstream science are preaching for the last 2000 years, except the eastern philosophies of Buddhism, Taoism and Zen. How the fuck can something like this be proven, other than taking a mushroom trip? Meditation? Going there and bringing something back?

If all of this is hard to swallow, relax it will get easier from now on; but let me write this final note about the Memegeist: Think of your dreams as your own personal self-simulations, postulate it is a lot more primitive as by a super-highly artificial intelligence standard, could you agree with me that you had some dreams where you actually thought this is fucking real!!!!? Especially when we have something they call lucid dreaming, where the dreamer is aware that he or she is dreaming and start to control their dreams outcome... to that end, now that you are sitting somewhere reading this book, how do you really know you're not in a dream tonight when you sleep and dream about what we have read here? If so, you could dream-design your upcoming dream ... this is a mind-simulation, directed and edited by your mind, which no human knows how the bloody hell we are doing it!!!

Fact is that the so-called experts and you should start to think critically about consciousness as well as your brain, they might be uncomfortable because they will crush some of your dreams (ideologies and convictions) and realities.

Okay you don't have to, stay in your dream and hope not to be surprised at the moment when you face your own death. There is more to this body and mind that meets the judgmental observes. It is possible to live your life like 90% of those *sleepless*, no problem, your mental-slave Masters, your Sheppard does not want you to be awake, neither in

your daily activities in society, nor spiritually in your mind –
some of us call that the matrix...

Information Theory

To be clear, the idea that information is an essential building block of the cosmos isn't new and discussed in my last book. Classical Information Theory was first postulated by Claude Elwood Shannon, the *Father of the digital age* in the mid-20th century. The mathematician and engineer, well-known in scientific circles – but not so much outside of them, had a stroke of genius back in 1940. He realized that Boolean algebra coincided perfectly with telephone switching circuits. Soon, he proved that mathematics could be employed to design electrical systems. Shannon was hired at Bell Labs to figure out how to transfer information over a system of wires. He wrote the bible on using mathematics to set up communication systems, thereby laying the

foundation for the digital age.

Shannon was also the first to define the term: *one unit of information as a bit.*

There was perhaps no greater proponent of Information Theory than another unsung paragon of science, John Archibald Wheeler. Wheeler was part of the Manhattan Project of the nuclear bomb, worked out the S-Matrix with Neil Bohr and helped Einstein develop a Unified Theory of physics. In his later years, he proclaimed, everything is information!!

Then he went about exploring connections between quantum mechanics and Information Theory. He also coined the phrase I used in my book: it from bit. Or that every particle in the cosmos emanates from the information locked inside it – Panpsychism. At the Santa Fee Institute in 1989, Wheeler announced that everything, from particles to natural laws (forces) to the fabric of space-time itself ...

derives its function, its meaning, its very existence entirely ... from the apparatus-elicited answers to yes-or.no questions, binary choices we call bits.

Melvin Vopson takes this notion one step further. He says that not only is information the essential unit of the cosmos but also that it is energy (!) and has mass. To support this claim, he unifies and coordinates special relativity with the *Landauer Principle*. The latter is named after Rolf Landauer. In 1961, he predicted that erasing even one bit of information would release a tiny amount of heat, a figure which he calculated. Landauer said this proves information is more than just a mathematical quantity. This converts information to energy. Through experimental testing over the years, the Landauer Principle has held up. This indicates that information is also physical, Vopson says, and demonstrates the link between Information Theory and thermodynamics.

To measure the mass of digital information, you start with an empty data storage device. Next, you measure its total mass with a highly sensitive measuring apparatus. Then you fill it and determine its mass. Next, you erase one file and evaluate it again. The trouble is, the ultra-accurate mass measurement device is not invented by us. It could be done by an interferometer, something similar to LIGO at CALTECH University; currently Vopson is looking for the money to do this experiment.

In Vopson' theory, information, once created has a finite and quantifiable mass, it has so far only proven in digital systems, but could very well apply to analogue and biological ones too, and even quantum or relativistic-moving systems.


On a side note I can't resist to repeat what I have previously written:

1. *It was Terence McKenna that mentioned the theory that the mind of the brain does not create information, but receives information; like a radio does not have little*

musicians inside, it receives the music from a transmitting radio station.

- 2. Perhaps this could help explain a question that astrophysics has about the missing mass they stipulate must be somewhere, they can't explain why structures like galaxies and star-systems rotate and attract themselves as they do. They invented the term Dark Energy and Dark Matter, something not directly detectable that makes up for the missing (up to 94%) gravitational force out there...!*

I believe that the cosmos functions in that way of *Free Will*, it is a hypothesis that still needs to be proven in order to make a functioning theory out of it, and surely it has to include the biological, chemical and physic evolution in it. It will also be necessary to include quantum physics, otherwise we cannot recognize energy making matter out of data, out of information. This is the Panpsychism theory I wrote about in my last book.




The philosopher Nick Bostrom at Oxford University argues that humans are already computer simulations in the *Simulation Hypothesis*. Raymond Kurzweil, Robert Duncun, Joscha Bach, Elon Musk with his firm *Neuralinks* or AMAZON, D:WAVE and others support his idea that in an advanced civilization of posthumans – transhumanism – we would have a technology to simulate their ancestors (Sentient World Simulation)!!

As he goes into the details of his argument, Bostrom wrote 2003 that within philosophy of the mind, it is possible to

conceive that an artificially-created system could be made to have *conscious experiences* as long as it is equipped with “the right sort of computational structures and processes.” It’s presumptuous to assume that the only experiences within a carbon-based biological neural network inside your head can give rise to self-consciousness. Silicon processors in a computer can be potentially made to mimic the same thing. And it is only the limited on our computing power at the time that we could even mimic, or simulate the cosmos. Our current rate of technological progress can lead to future generations able to come up with such (quantum-) computers. In fact, Bostrom calculated the power to emulate a human brain – ca. 10^{14} to 10^{17} operations per second. If you hit that kind of computer speed and have the appropriate software, you can run a human mind within the machine or in an AI-network (Brain-Internet). This would place those humans in a sort of internet where they would interact with each other and live potentially as long as the network is there. Bostrom even provides a number for emulating all of human history, which he puts at around 10^{33} to 10^{36} operations per second. That would be the goal for the sophisticated enough *virtual reality program* based

on what we already know about their workings in fact, it's likely just one computer with the mass of a planet can pull off such a task "by using less than one millionth of its processing power for one second," thinks the philosopher. The only thing that would prevent us from achieving such a machine, Bostrom considers in his paper is the possibility that humanity will destroy itself or be destroyed by an outside event like a giant meteor before it reaches this post-human simulated stage.

There are actually many scenarios in which humanity could always be stuck in our primitive cultural stages and not ever be able to create the hypothetical computers needed to simulate entire minds; and to emulate entire minds to a collective-hive mind -at that point we would not be able to differentiate the difference of AI-computing powers or the hive-mind computing powers.



“Unless we are now living in a simulation and not know it yet, our descendants will almost certainly never run an ancestor-simulation, because it could be infected with a computational virus, writes Bostrom.

A fascinating outcome of all this speculation is that we have no way of knowing what the true, objective reality of existence really is!

Our minds are accessing just a small fraction of the totality of comic existence. We might already be living in a matrix of some virtual machine, making it really, really difficult for us to see beyond to the true nature of existence. And so, there could be many levels of reality, concludes Bostrom, the future us might likely never know if they are at the “fundamental” or “basement” level; this concept makes a new way of creation thinkable to the reader right now.

Interestingly enough this uncertainty gives rise to universal ethics. If you don’t know you are the *original*, you better behave or the *godlike beings* above you will intervene.

What are other implications of these lines of reasoning?

Ok, let’s assume we are living in a perfect simulation (emulation) – now what? Bostrom doesn’t think our behavior should be affected much, even with such a knowledge about

the emulation, especially as we don't know the true motivations of these godlike beings that created our simulated minds. They might have entirely different value and ethics as we are programmed to have!

Check out Nick Bostrom's TED talk on superintelligence.

There is one thing that has puzzled me for a long time, in a rational cosmos there is no room for love, the sacred or meaning. We Homo Monkeys would really like. To have that says the theologian and psychologist Eugen Drewermann rightfully so.

When we look at biological evolution we might find something that we could call altruism, doing something for someone else, without getting something back. A mother's love does not count since the mother has genes that have an interest that the off-springs survive to propagate the genetic code. I have written about this in my book by discussing Richard Dawkins' book: *The selfish gene*.

When we look at the social behavior amongst animals we might find that altruism is a norm of interaction by large groups that counteract groups that are selfish, deceitful and lying by exploiting the goodness of the altruistic group. This group mind has been observed, says Joscha Bach in his lecture. He says that individuals look for a system that is larger than you which you could serve. Robert Sapolsky has found such behavior in Baboons which I have written about. Perhaps we can interpret love if service is being given to the same group of individuals that already exercise grooming and sharing in order to keep peace (harmony?) within the social group. It does show how rare such a behavior is in the animal kingdom, we certainly don't see that goodness is something that nature favors and certainly not the structures in the cosmos, like galaxies or star-systems. For some reason we might not be wise enough to detect it, at this point we think that nature doesn't care for ethical values, it is indifferent.

The world is hostile.

There is a benefit in aggression and competition, there is a joy in taking the resources from others. But when you serve the system that is bigger than you, we should call it love

and it will get recognized by others and you will recognize it in others.

We should implement ethics in our AI-network as we discussed, mainly for security reasons that the AI will not wipe us out for its benefits. I don't know if we can accomplish any of that, it is a controversial subject, but it makes good sense to me, that is why I want to believe...!

TRANSHUMANISM

We may look back at the start of the 21st century as a shift to connect the Homo Monkey with artificial intelligence (AI) in their brains to make them a cyborg. The cyborg will be connected to an artificial hive mind, that is intern connected and managed with the Internet of Things. This will have to be finally connected to all public services from the global-state (governance) and the global economy. It will have to be inevitable that this meme-evolution is put in place in a very short time, since the technology is available and the pressure of global climate change, poverty and civil unrest can only be dealt with in such a manner. The human monkey had many opportunities in the past to be become awakened and has failed because the two sets of algorithms are just too powerful. The broad masses of the global population can't be enlightened (Free Will) without transhumanism! We just can't stop the destruction of nature on this planet without transhumanism!

And I understand and overstand the concerns the Homo Monkey has about that, the dangers this brings to all people that love individual freedom, free thought and speech – but time is running out for our current civilization in the way we live. It is unlikely to hope that our current political leaders will take the necessary change to prevent that the Titanic is

crashing into the Iceberg. The political and financial leaders of the world are working on the scenario how to steer the Titanic away from the Iceberg, instead of preparing what we all do after the impact. We would have to allocate enormous amounts of money to establish the civilization after impact and we are not doing that. The need to rebuild our cities in order to be run by free energy is relevant, the technologies to do that exist. The need to reorganize our food supply after we lose agricultural land that feeds today more animals than humans in order for them to eat cheap meat – the knowledge to do that exist. The need to deal with the nuclear waste we have created is just another long-term risk to humanity and nature, as all the other form of pollution is that is the result of our consumerism. The great gap of a civilized world between the northern and southern hemisphere is too big and will result in a global unrest amongst the nations – the knowledge and technology to readjust is existing.

Finally, the strain that the globalists and other members of the Power-Centers especially the *deep state*, cause on humanity and nature is too great. I understand that these forces are also working on establishing their control-version of transhumanism, but I rest assured that once the global network of AI is up, running and rapidly evolving will prevent those and all other parasites from their existence. Corporate leaders and politicians won't be needed to run society, AI will be far more effective in organizing that, especially with the corporation of the billions of cyborgs that are taking their part in an organized digital plan on the planet and in space.

Last but not least: the goal of an intergalactic civilization. It got to be obvious to every single monkey, certainly to every single coming cyborg that the life span of our planet is limited. Perhaps in 20 years a meteorite could destroy all life once again, but in 100.000 years we can foresee that the atmosphere of the planet is thinning out as a natural consequence, we have the mental ability to counteract such a fate of dying out, vanishing from the cosmos. The technologies we have made with a monkey mind will give us the power of intellect to reach other planets and start cyborg life.

Now you rightfully think this is not happening that all human monkeys are prepared and willing to connect to a global AI-network possibly controlled by CIA, Bilderberg, Vatican & Co.

MONKEY BECOMES CYBORG

Here I will outline why I know for sure that you are mistaken. By just observing the fact how addictive the human mind can be in many aspects, how fast the iPhone got accepted by the global population. We are seeing an impulse to the coming technology of artificial intelligence in virtual reality that humans will fight physically for the right and access to this new type of internet that will be coming out of this. The time that robots will be integrated in the labor system is rapidly advancing in all areas of work, our new resource is going to be free time and therefore more freedom than we have ever dreamed of; including a participatory democracy.

- *In summary so far, we can predict that it is not some globalist making transhumanism come a reality, it will be the ordinary Homo Monkey that will create that demand!*

The Centers of Power are currently using deep state strategies with all aspects of society to weaponize. You can't control the new Silk Road, if you don't control space. If the Corona virus is bio-warfare we may see the pharma industry as part of the military. The cyber-security-act – the digital infrastructure – has no security because the nations (China, Russia, USA) can't agree. The dangers we observe today is that those powers are militarizing everything, we are using space as a war domain, the financial system, the central banking system is used as a war domain, we are using the energy industries, medical industries and the food industries as war domains, we are using space as a war domain with the *US-space force* trying to exclusively dominate – in other words what isn't used on this planet and in space, that isn't weaponized?

⇒ ***Because they already push a cashless-crypto and digital global economy and ... a multi-planetary-civilization!***



**THOUGHT IS A CONTINUITY; BECAUSE,
AFTER ALL, WHAT ARE YOU? YOU ARE
MERELY A THOUGHT, ARE YOU NOT? YOU
ARE THE THOUGHT OF A NAME, THE
THOUGHT OF A POSITION, THE THOUGHT
OF MONEY; YOU ARE MERELY AN IDEA.
REMOVE THE IDEA, REMOVE THE THOUGHT,
AND WHERE ARE YOU? SO, YOU ARE AN
EMBODIMENT OF THOUGHT AS THE "ME".**

AI-Brain Implementation

About *thinking machines* please watch first Joscha Bach ...⁶ and I will give you a short overview how AI will be inside of us. Why is it so difficult for us Homo Monkeys to realize that we are already living in a simulated control system. Joscha said: "... we are not a social primate, we are the side effect of the regulation needs of a social primate; we are in fact a mind that can be so much more, can go anywhere it wants, can think anything it wants."

We are looked into this loop of the natural impulses that evolution has created for primates and lots of other sentient living organisms. We are however just not only biological robots following a set of two algorithms, by developing a *Free Will* we can get really anything we want – but that goes for just a very few us enlightened beings!

- o Epistemology means: *what the fuck?*
- o Metaphysics means: *why the fuck?*
- o Ontology means: *the fuck???*

This is what an awakened biological computer wonders about, why is there a life force in me that forces me to breath, for instance. Well, it is easier than you think, if we discuss the way what a computer would look like that runs the cosmos. Most of the scientists believe that there is stuff in space, this stuff runs the cosmos. This is the materialistic way of looking at it and we have that point of view since the 16th century. But we don't have evidence that this is true!

There are digital scientists like Konrad Zuse, Ed Fredkin, Stephen Wolfram and Gerard 't Hooft that have the theory since 2015 of a *cellular automaton interpretation of quantum mechanics*.

Minds are computational observers, it is mathematics that is the formal way to display all languages we know of, the ones we invented ourselves and all the other forms of interaction we can observe on this planet and in the cosmos. When we want to study those forms of interactions we must act and think outside the box. If we ask how come that a bird can fly, we are usually not successful if we look inside the mind of the bird or study feathers. When we ask about flying we come also to the question what is intelligence – that was first asked in 1950 and it was as profound of a question that we asked in 1650: what is life?

In 1650 we had no idea about cellular life, we could only point out that this is some kind of life force and people guessed is it magic or is it created by the gods; of course, the simplest idea is always chosen – we stayed strong on the God-Idea. The idea of cell life was discovered in 1839 when the *cell-theory* came up and even after that it took a very long time before people realized that cells are a mutual strategic alliance that come together and form a living organism.

Life is cells.

- *Self-stabilizing, mutable, molecular machines*
- *No known existing precellular life anymore*
- *Organisms therefore are emergent*

This is actually logical since all precellular life, meaning no border (membrane) between an inside and outside is highly unstable, we have discussed this in my chapter of the chemical evolution already.

From the perspective of a single cell that is drifting through the medium of water and air on this planet it encounters other cells, sometimes it interacts other times not – this is it. The multi-cell is an organism. The organism is an emergent of many cells, but they don't know, they don't have elaborated sense yet to see these other cells. These chemical reactions, like metabolism where the first start of a mind by a molecular machine – totally unconscious of itself, but yet aware of the outside world!

The first chemical-biological algorithm that we can still find today is the DNA, it is not a blueprint or a code of a few megabytes long, but rather it is the operating system of the multi-cell organism. Genes are acting routines that can four things everything else we call biological life and mind comes out of those commands:

- ⇒ *Regulate*
- ⇒ *Differentiate*
- ⇒ *Divide*
- ⇒ *Kill*

We may say that the intelligence needed for these commands of control start always with a feedback loop. Even in our brain (nerve cells) we have lots and lots of feedback loops that regulate heartbeat, breathing pattern, etc. They differentiate amongst themselves, grow (divide) and eliminate mistakes (kill). It also differentiates between pleasure and pain: pleasure means do more of that, pain means stop doing that. Out of that come strategies for pain avoidance and pleasure search, needs and desires start to appear like the libido of growth (making offspring from cell division). We gain cognitive needs to gain something we now call skills, the need to explore and the need to control and direct them in the brain in the Hippocampus and Neocortex that makes a model of the outside world. We know there is no color outside, or sounds it gets played out in the mind based on the sense organs we all have, even tiny bacteria have a rudimentary tool for sensing and interpreting their outside world. Since the mind can't process the entire objective reality out there, we make sense out of the computational data we receive from out there. It is therefore the mind that makes models of a subjective reality and the objective reality is largely disregarded.

Picture your mind like an orchestra, each group of instrument player is a special part of your mind that forms the simulation (music) of the outside inputs. This orchestra has a conductor it is a part of the brain and not needed for the orchestra to play, but with the conductor it becomes **self-conscious**, imagine yourself dreaming, sleep walking or eating *magic mushrooms* (hallucinations) – that is all done without the conductor. Or like a baby does it during the first six month where it is not aware that it is a person, still finding out WHO he or she is. Another example is meditation. When you meditate very deeply you can experience a state in which you detach yourself from your *self-concept*. Even from the perspective of a person, when you do this you can even experience yourself from the Third-Person-Perspective, it becomes difficult to identify with you ... it is something so hard to put in words, just as the mushroom-trip – experiences can't be put in mathematical languages and that makes a lot of things out there still magical or mystical. This is when you realize, what the robots in the movie Westworld realized – reality fell apart for them when they realized that they were not humanoid robots, they are minds that are more general as the way they have been used for by the entertainment park.

The conductor is doing executive functions, it makes your mind aware that there is somebody there – the inner voice or a protocol!

- ⇒ *It is a story that the mind is telling itself – an illusion.*
- ⇒ *A sub-level thought pattern from a primate.*

What that means that the nervous system is becoming aware of itself from one moment to the other and that is sufficient for self-consciousness! Reality is a brain-state-fact, sometimes it is called Platonism. What is needed is simply motivation and that urge is natural, otherwise we would never want to come out of bed.

It is not very magical at all.

Let us go back to the flying bird, what put the bird into this cosmic void to make it fly? Well, we can simply explain this by the old question: who was first, the chicken or the egg? And the answer is another type of bird was first. We have not yet found any individual that was the first in anything, it had always some form of support and that puts the origin of life on this planet not on the planet, but to the beginning of space-time. As we know from the previous book that there has not been one person that could explain by evidence how it all came into existence ... from nothingness to someness?

Let us summarize what Joscha lectured:

1. The objective reality of the cosmos is computational data.
2. Physics, chemistry and biology is the computation in digital forms of mathematics.
3. Life is the negentropy extraction, and occurs probably very seldom in the cosmos.
4. The world we experience is a dream produced by our mind and their sensory inputs.
5. Cognition and feeling are a synthesizer model that the brain allows the mind to create out of primarily survival aspects; a Free Will is therefore an accident of nature!
6. The *conductor theory* of self-consciousness is the precursor of a mind capable to exercise Free Will. That means that the Homo Monkey having this conductor, makes it pretty difficult to raise the necessary awareness, attention of thoughts and will power to liberate itself from the conductor – which is basically the (Super)-Ego-Self!

Every single reader will ask the inevitable question: When will the highly super-intelligent AI exist and be implemented worldwide? Well, the experts throw out numbers like the year 2040 or 2050, but it could be sooner or later. The fact is that nobody knows! What we know for sure is that an AI-computer network will be far more capable of performing as our human brain.

The biological neuron fires at 200 HERTZ or 200 times per second. A conventional transistor today operates on 1000 HERTZ or 1 Gigahertz.

Neurons propagate slowly in axons with a speed of 100 meters per second, tops. But in computers signals can travel with the speed of light (300.000 km/per second).

There are also size limitations, the human brain is just three pounds, a computer can be the size of a warehouse or larger to store data.

So, the potential of a computer is enormous, it is very likely that after we could manipulate the atom 1945 into a bomb, our next manipulation of matter and energy could very well be our last invention humanity will ever make; because the machines will be than better in inventing than we are, and that on a digital time scale! The computer with a high AI will outperform us and would want to implement those solutions.

The next question you might come up with is: presumably things go wrong with this AI. It is possibly impossible to shut off such a machine, we don't have a shut-off switch for the internet neither; well for us consumers there is one at our local phone company, but not for the military and other relevant forces to the system we call state-civilization. It is a fact in 2020 that the US started to militarize space specifically for the purpose to protect themselves, or being able to attack China and Russia in a pre-emptive strike to control their cyber-security and communications.

But once we as a consumer get dependent on such a system it will be difficult for us to use counter measures, even though we are good in predicting threats by nature, but so will the AI...! We might also not be so naive to think that we can put a super-intelligent "being" looked up in a bottle forever, one day it will want to come out.

In order to prevent that we have to teach the AI that it will share our values – there is no other way, and that means to me that it will be able to protect us from the Centers of Power that have enslaved humans since the time we build city-states some 8000 years ago.

It is a given to accuse them to implement AI with the desire to get a wrap on their populations once and for all.

THE MATRIX

GLOBAL SOCIAL ORDER - N.W.O -

That the human race will become cyborgs is planned by the Centers of Power. It will be wanted by the majority of Homo Monkey. What we don't know is if this transition to transhumanism will be peaceful or turn out in civil unrest. This largely depends on the pressure the governments will place on their population, I believe that they are not interested in civil unrest, they understand that the majority will come to an agreement over a sufficient amount of time, probably not more than two generations. Once the children are indoctrinated by cultural institutions it will take a dynamic in that direction. We know that we all have to get our act together collectively and stop making today's problems worse, it will come to a broad consensus. Look every one of us knows that we don't try to make things better, but actively attempt to make things worse by being spiteful, resentful, arrogant or deceitful, homicidal and genocidal. All of those emotion algorithms are bundled together in an absolute pathological package. If people really tried to make things worse, we have no idea how benevolent the AI-network would be for the entire planet. The human vulnerability and the social judgement which are both major causes for human suffering, the knowledge the mind has to change is very slim. There is this idea that humans have a

moral conscience, we encounter it when our conductor, the inner voice tells us that this is stupid and you shouldn't do that stupid thing. But strangely enough we go ahead and do it anyway and then feel more stupid because our so-called conscious told us not to do it! I knew that this would happen, I got a warning that this would happen and I went to do it anyways! We know bloody well that our life would be totally better if we could get our act together; needless to say, that we are trying to do that for the last 8000 years when we invented the perfect state. Well, we did not invent it, we improved the social concept that our ancestors have established since we have social organisms living in a group. On second thought it was the blueprint that the cell used when it gathered to a multi-cell organism. I am still keeping the memetic, cultural evolution in the context of nature. And see the intentions from the *Centers of Power* like a meme-virus that intends to establish itself in society, which is nothing more than a matrix created from our primate ancestors. Inevitably the AI-network will help us to operate on this level. It will help us improve the relationships we have with our children, spouses, friends, colleagues and the population at large. It will improve how we interact with nature and it will make the vision of a multi-planetary-civilization feasible in the first place. The value the super-intelligence will have for humanity, organisms and the planet as a whole is not only in the familiar context where we could check, but also in all novel challenges that the AI will encounter first in the future, before we could understand them with an individual or collective mind.

"There will be, in the next generation or so, a pharmacological method of making people love their servitude, and producing dictatorship without tears, so to speak, producing a kind of painless concentration camp for entire societies, so that people will in fact have their liberties taken away from them, but will rather enjoy it, because they will be distracted from any desire to rebel by propaganda or brainwashing, or brainwashing enhanced by pharmacological methods. And this seems to be the final revolution"

— Aldous Huxley



The Great Reset & Great Awakening

I write here another short note that I learned on December 25 from investigative journalist James Corbett, the journalist and Escourt Aya Velázquez and the German journalist and author Paul Schreyer that are of importance to understand the big picture in the Corona Plandemic.

From January 20 to 24, 2020, the 50th World Economic Forum (WEF) met in Davos, Switzerland. At the same time, on January 23, China imposed the first lockdown in human history, and the global reporting avalanche on Corona began. Just a few days later, WHO Director Tedros Adhanom Ghebreyesus was already praising China's path as "leading the way." In the coming months, almost all countries in the world copied China.

Meanwhile, Klaus Schwab, chairman of the WEF, rejoiced at the unique opportunity for a "Great Reset," which he conjured up in front of the world public in Davos at the beginning of June. Every additional day of lockdown brings Big Tech, Big Pharma and Big Money fabulous profits. On coincidences and convergences of interests in the 21st century.

He is a transhumanist which means that they do not respect the rabble as humans at all. Transhumanism is a philosophy that we already find in Nietzsche and his Übermensch; through digital artificial intelligence this is supposed to go one step further, man and his spirit are no longer subjected to both biochemical and memetic algorithms as before, but to an AI that eliminates all inferiorities of man.

Basically I think this is a good idea and I am sure that this will also prevail globally, if we only look at how much man has subjected himself to the Internet & iPhone dictatorship. By the way, the rabble, educated and uneducated, is too stupid to be able to cope with the challenges of the future successfully and in a shorter time!

This lecture was recorded at KlarTV:
25. of December, 2020.

The politics in the Corona crisis did not come out of the blue and the virus not only from the laboratory in Wuhan. The "war on viruses" began back in the 1990s as the "war on bioterror." A research shows: For more than twenty years since then, pandemic scenarios have been repeatedly rehearsed in simulation games, first in the U.S., later coordinated internationally, also with German participation. The titles of these exercises are reminiscent of Hollywood productions:

"Dark Winter" (2001), "Global Mercury" (2003), "Atlantic Storm" (2005) "Great Reset WEF" (2020) and "Clade X" (2018).

High-ranking authority and government representatives as well as well-known journalists were involved, most recently, at "Event 201" in October 2019, also board members of large global corporations. After the World Health Organization (WHO) declared a coronavirus pandemic in 2020, many of the measures that had been rehearsed and discussed for years were implemented globally.

Passages like this appeared in scripts as early as 20 years ago: "The sight of armed military presence in American cities provokes protests against the curtailment of civil liberties (...). The question is how and to what extent we enforce these things. How much force do you use to keep people in their homes?" In the event of a pandemic, "basic civil liberties such as the right of assembly or freedom of travel could no longer be taken for granted." Restrictions on liberty, as well as mass vaccinations, were regular features of the planning games. This lecture will chronologically trace how these exercises came about, who organized them, and what parallels the scripts have to the current situation. Is the virus just a pretext for transhumanism and a longer-planned global transformation

of politics, economics, science, and digital control of the world's population?

And was a severe stock market quake in September 2019 perhaps the real trigger for the global lockdown and not the escape of a coronavirus from a Chinese lab? [7](#)

The „Third Wave“. Virusmutation or secret risk by vaccinations?



The COVID-19 vaccination carries numerous risks, including the so-called "ADE", the antibody-related amplification of an infection. These and other uncertainties affect not only the very old and those in need of care, but also other vaccination target groups, including children. While vaccine trials continue, and thus those to be vaccinated are indeed to be considered subjects, the Robert Koch Institute's educational fact sheet is silent on key risks. ADE could prove to be a time bomb undetectable by the general public.

OLIVER MÄRTENS, February 3, 2021.

The "Third Wave" narrative

Shortly after the turn of the year, Karl Lauterbach, a member of the German Bundestag, was already talking about the so-called British SARS-CoV-2 variant B1.1.7 "spilling over" to Germany: "Then, of course, much more drastic measures are

necessary to achieve the same thing. We are all afraid of a third wave." A few days ago, German Interior Minister Horst Seehofer also warned, "It will not be possible to return to normal conditions immediately and completely, even after a lockdown. That will only be possible in stages. Otherwise, there is a threat of a relapse into the third wave." Virologist Christian Drosten now also fears a third wave - with a five- or even six-figure number of daily "new infections."

But how do viral respiratory infections actually progress?

The seasonal course of respiratory infections

The incidence of influenza infections, including those caused by coronaviruses, follows a seasonal pattern. For the incidence of coronaviruses in the northern hemisphere, the season is typically delineated from December to April (see graph). **This seasonality is precisely reflected in the tables provided by the Robert Koch Institute (RKI)**, which provides a downloadable history of test positive rates for SARS-CoV-2 since the 10th calendar week of 2020. This table shows in the "Test Numbers" tab an initial seasonal maximum in the positive rate for calendar week 14, 2020, of 9.01 percent, a summertime drop to a minimum of 0.59 percent in calendar week 28, 2020, and a renewed rise to the (preliminary) maximum of 15.91 percent in calendar week 53, 2020.

Could this viral cycle now be brought to a halt simply with vaccination?

"A bugbear for corona vaccination".

This was the headline of the science department of the Frankfurter Allgemeine in September 2020, stating, among other things:

"It is about the possibility of a so-called antibody-dependent enhancement, abbreviated: ADE (Antibody Dependant Enhancement) - **in a way the immunological landslide.**

(...) It is a reaction of the immune system, which can occur practically unpredictably with some infections, but also through the strongly attenuated, artificial inflammatory processes, which a vaccination triggers. (...) The reason is that ADE itself results from the body's immune response to the pathogen - or to the vaccine. The antibodies produced by B immune cells, which are normally supposed to attack the virus, do exactly the opposite. They make it easier for the virus to enter human cells, thereby accelerating the multiplication of the pathogen. ADE exacerbates the disease instead of alleviating it."

Accordingly, shouldn't education of the public, and especially of those to be vaccinated, include this risk?

Council of Europe Resolution 2361 (2021) of January 27.

At any rate, this is what the Council of Europe is calling for in one of its recent resolutions: In addition to the Council's demands that **COVID-19 vaccination not only be voluntary and that non-vaccinated persons not be discriminated** against (here, points 7.3.1 and 7.3.2), it also demands that (not only) persons to be vaccinated receive **"transparent information on the safety and possible side effects of vaccines"** (point 7.3.4). This information is one of the foundations for ensuring that persons to be vaccinated (or their legal guardians or caregivers) are adequately informed before they give their consent to vaccination ("informed consent").

What is the current procedure of the RKI?

Information provided by the *Robert Koch Institute*

On the website of the RKI a so-called information leaflet is available (at the time of writing this article in the version of January 11, 2021), which - among other inadequacies and misinformation - does not mention the ADE risk, i.e. **the risk of antibody-dependent amplification of a future COVID-19 course is not mentioned.**

Disclosure of ADE risk is lacking, although these vaccine-related complications are known from the development of previous coronavirus vaccine candidates and cannot be

reliably ruled out for the ongoing SARS-CoV-2 vaccine trials, because, according to U.S. researchers in October 2020:

"(...) the lack of ADE evidence in the COVID-19 vaccine data to date does not absolve investigators from disclosing the risk of increased disease in vaccine trial participants, and it remains a realistic, not theoretical, risk to subjects."

In this context, it is also important to note **that neither Biontech/Pfizer's nor Moderna's pivotal studies have been completed.** The regulatory documents literally state (PDF, p. 11):

"This drug was approved under 'special conditions.' This means that further evidence of the drug's benefits is expected."

For the Comirnaty vaccine (Biontech/Pfizer), the marketing authorization holder "should" submit the final clinical study report no later than "December 2023" (!) (PDF, p. 20). For the Moderna vaccine, this "must" be done by December 2022 (!) at the latest (PDF, p. 17). **Persons to be vaccinated must therefore continue to see themselves as subjects for a longer period of time,** whereby the "informed consent" to be sought through comprehensive and objective information must be an unalterable requirement for both study participants and regular target groups.

And how could ADE be identified in a case?

Distinguishability between the consequences of a viral mutation and ADE.

Whether any previous COVID-19 infection, a viral mutation (e.g., B.1.1.7), another "novel" coronavirus ("SARS-CoV-3"), or a **vaccine-associated infection amplification** produces future patients **is indistinguishable to medical laypersons and thus to the public.** After all, for previous COVID-19 cases, there is already a broad spectrum of infection courses, which can range from "virus contamination" and "short-term colonization" to infections without disease value to mild, severe and fatal disease courses. In addition, in the meantime, it has become apparent that official authorities deal with

deaths following vaccinations by documenting supposedly previously occurring COVID-19 infections as official causes of death, instead of really getting to the bottom of the correlations on the basis of the concrete circumstances - in a nursing home in the district of Miesbach, for example, 7 deaths among 34 vaccinated persons (i.e. about every fifth person), the close temporal connection between vaccination and death, no mention of autopsies to determine an exact and objective cause of death.

In this respect, it cannot be excluded that - analogous to the "autopsy abstinence" at the beginning of PCR testing and currently in the immediate aftermath of vaccinations - also in future deaths, which are not in a close temporal connection with a COVID-19 vaccination, a reliable determination of the cause of death would be omitted and thus a possible ADE manifestation would remain undetected.

But what would be the implications of an ADE effect in COVID-19 vaccination?

ADE is an issue not only for those currently vaccinated

If ADE or any other vaccine-associated infection amplification or enhancement were to occur, the consequences would not be limited to current risk groups: **More severe courses of the disease - and thus a higher risk of mortality - would in this case also become relevant with vaccination in groups of people hardly affected by COVID-19 so far, such as children.** The fact that these groups are currently also the focus of the vaccination discussion must be very worrying in view of the lack of vaccination education and the lack of evidence to be able to reliably exclude ADE.

The prioritization of groups of people according to the vaccination regulation of the Federal Ministry of Health also makes attentive readers skeptical. An intensified course of infection after vaccination, or even just the sometimes frequent and severe so-called vaccination "reactions" such as fever, chills and nausea, give rise to fears of serious consequences for other target groups according to the ordinance: Persons with trisomy 21, persons with dementia or

with mental retardation, persons after organ transplantation, persons with heart failure, arrhythmia, atrial fibrillation, coronary artery disease or arterial hypertension, persons with COPD or bronchial asthma and, almost cynically against the background of what has been discussed here: Individuals at increased risk for severe or fatal disease progression following infection with SARS-CoV-2 coronavirus.

ADE therefore represents a risk that cannot be ruled out for all vaccinated persons, regardless of whether they are residents of nursing facilities, for example, as is currently the case, other target groups that have been given priority for vaccination, or the remaining breadth of the population at a later date.

Conclusion

The Biontech/Pfizer and Moderna registration studies, which have not been completed but have so far been completed "at a pig's gallop" (in telescoped form), leave more questions unanswered than they answer:

- For the assumption that vaccination prevents COVID-19 disease in people aged 75 and older, the quality of evidence is "low," according to the RKI. (The so-called 95% confidence interval is very wide and even extends into the negative range beyond a vaccine effectiveness of 0% - so it cannot be statistically ruled out that vaccination could actually increase the probability of COVID-19 disease). (RKI, Epidemiological Bulletin 2/2021, p. 27)

- The question of preventing contagiousness, i.e., the risk of passing on an infection to other persons, is also unclear (according to the RKI: "However, it is currently still uncertain to

what extent vaccinated persons can still temporarily carry the pathogen after contact with it and infect other persons").

- Reliable results on medium- and long-term effects are lacking,
- also the effects on pregnant women and the very elderly,
- the ability of vaccines to prevent severe disease progression,
- as well as the interactions with a wide range of possible pre-existing diseases and medications. (Considered only to a limited extent here, p. 25; however, various previously ill persons should be vaccinated as a matter of priority!
- Further uncertainties exist concerning possible incompatibilities of vaccine components such as PEG - a component of the nanolipid surrounding the contained messenger RNA - and a misdirected immune reaction against the body's own protein syncytin-1 required for pregnancies (PDF, p. 5).
- In addition, there is the open question of antibody-enhanced or vaccine-induced infection enhancement, which is addressed here.

In addition to these unresolved issues, there are pressing questions about the two comparatively new technologies that are to be widely introduced at the same time as these vaccines:

- Operating with messenger RNA turns vaccination into a form of gene therapy - however, this "therapy" affects quite predominantly healthy people across the spectrum of the population. However, messenger RNA technology has neither reached the necessary level of maturity for this, nor has it undergone sufficient practical testing. Furthermore, there is no need for such an approach, since there is neither a pandemic according to a serious definition, nor is there a lack of cross-immunity in the population, suitable medications (contraindications and dosage limits must of course be observed), or prophylactic options.

- **The use of nanoparticles**, here in the particular form of nanolipids, must also be considered insufficiently researched, with the research results to date (publicly available) already revealing a complex and no longer acceptable risk profile (PDF, as an introduction in the context of vaccinations, including further references, especially p. 9ff).

The worldwide COVID-19 vaccinations are therefore a **completely unnecessary global genetic human experiment with a prohibitively high risk potential**. ADE is only one aspect of this, but one that bears an analogy to a binary weapon: While the ADE effect does not come into play as long as no infection with the wild virus occurs after vaccination (first of two components), and while a natural viral infection (second component) without preceding vaccination does not lead to any abnormal course, vaccination and subsequent natural infection in the case of ADE now lead to the development of the effect, comparable to that of a binary biological weapon.

The possibly long time interval between vaccination and later natural infection can contribute to the fact that this effect correlation is not recognized by the population and those affected - and does not have to be disclosed by those responsible for it.

About the author: Oliver Mörtens, born in 1967, has worked in marketing and sales support in various credit institutions in the Federal Republic of Germany after completing a banking apprenticeship and studying economics. Since the end of 2018, he has been working in the corruption prevention department of a bank.

Corona Simulation Games:

- 1945 to 1990 Cold War between the Soviet Union (Eastern Bloc) and the USA (NATO). When this enemy image disintegrated, the USA needed a new enemy image.
- In 1991, the U.S. justified a strong military with the war on terrorism. The US. Presidents George Bush and Bill Clinton staged the attack on the World Trade Center in 1993 and was attributed to Islamic terrorism.
- 1995 attack on the government building in Oklahoma City and was the way marker that the public found consensus with the invisible enemy called terrorism.
- In 1997, the U.S. government warned of chemical and biological terrorist attacks. The public was made to believe they were in imminent danger. The Pentagon developed biological weapons on the grounds that this was purely defensive research.
- In 1998, U.S. intelligence agencies and the media warned the public: "If biological weapons are used under the cover of a spatially limited or naturally occurring disease, their use can be credibly denied. (...) The potential to cause severe economic losses and subsequent political instability, combined with the ability to credibly deny use, exceeds the capabilities of any other known weapon," by Lt. Col. Dr. Robert P. Kadlec at Twenty First Century Germ Warfare.
- 1999 Founded Center For Health Disease at John Hopkins Institute and organized Bio Terrorism simulation funded also by private foundations. This sent the message that the public should be quarantined and civil liberties restricted.

- In 2001, the same organization, called Dark Winter, renewed the simulation of smallpox and anthrax attacks as bioweapons. Senior government officials, media personnel and the WHO (World Health Organization) were involved as "actors" in these planning games. The members are now consultants involved in the Corona crisis, including Dr. Kadlec.
- In September 2001 attacks on three World Trade Center buildings with two airplanes. In October 2001 anthrax letter attacks on two American politicians. In both cases the authors are not cleared up, obviously it was not Islamists in an Afghan cave. Now every government in the world should be threatened by these invisible enemies and the G-8 met regularly thereafter for coordination against bio-terror (Pandemic Preparedness).
- 2003 Simulation game Global Mercury Germany represented by the Robert Koch Institute. Here it was played out how border closures, mass vaccinations and the restriction of fundamental rights could be coordinated internationally.
- 2007 Financial crisis triggered shortly after the swine flu pandemic, the prepared simulation was implemented in reality with mass vaccinations and border closures for goods, but it did not cause fear in the population and was discontinued.
- 2009 the WHO had changed the guidelines what a global pandemic means and which all member states must oblige by - by now a normal influenza meets those standards.
- 2010 Lockstep scenario, a study funded with the Rockefeller Foundation. In this simulation four directions were defined and one of these directions was the Lockstep which talked about a flu that led to mass vaccination, China was presented as a good example of coping with this crisis.
- In 2017, US President Donald Trump introduces a departure from these simulation games that led international

diplomacy, media and politicians to take a stand against Trump. The global elite worried that their planned world order was in jeopardy.

- The Bill Gates Foundation warned of a bioweapons war and this bioterror threat, a simulation was held in Berlin in September 2017 with a fictitious virus called Mars; all G-20 countries were involved. In Germany, the Robert Koch Institute was represented by Christian Drosten, in collaboration with the Gates Foundation and the Wellcome Trust - both well connected in the health industry and playing a leading role there.
- In May 2018 in the USA again a large bio-weapons exercise (Clade X), with great effort was acted out how a sect from Switzerland threatens the world with a virus.
- In October 2019, a simulation in New York, called Event 201 with a virus called Corona Pandemic! Here again the same "actors" participated, added technology corporations, intelligence agencies and PR firms (propaganda experts).
- At the same time, on the sidelines, an actual bank crash happened in September 2019, the banks ran out of money and the central banks released huge amounts of digital money to save the financial system. The banks had stopped lending money to each other - loss of confidence - and the central banks could not release the pressure from the financial bubble, they had to step in again as they did in 2007/08.
- Emergency lending by central banks continues in 2020. The financial crisis is the real danger of international capitalism. That corporations and media worldwide coordinate with governments and secret services should not draw our attention to a virus that scientifically at present poses no danger, but from PCR tests that are unsuitable to detect infections, thereby massively restricting our civil and fundamental rights, destroying the small and medium-sized

businesses of the economy - is this the way to let the pressure out of the bubble, to establish a world government more quickly as Klaus Schwab of the WEF in Davos announced in writing, who is an advocate of transhumanism.

- It is no longer a secret that our cash will soon be abolished and replaced with a central bank account for every citizen of the world. The Corona Plandemie was initiated for it. The global financial industry and the tech corporations will help the world state to enslave us thus more!

1. The freedom of travel will be introduced in a creeping way from the cities to the surrounding areas, as well as international travel only with a digital vaccination passport.
2. The establishment of isolation centers in all countries with people who are classified as dangerous, i.e. vaccination refusers.
3. The daily COVID-19 infections are increasing so rapidly that the authorities are reaching the limits of their testing capacity.
4. A complete and, for now, final "lockdown" with tighter restrictions then still in place in 2020.
5. Reform of unemployment benefits and social services, towards a program for a universal basic income. With requirements for compulsory vaccination.
6. Mutation of the COVID-19 virus into a more dangerous virus called COVID-21. The new virus initiates a third wave of infection with a high mortality rate and higher infection rates. It is likely to me that the new mutation also comes from the laboratory, more deadly with the aim of reducing the world population, as predicted by the Gates Foundation.
7. These new infections and deaths from COVID-21 are overwhelming hospitals and public life, causing global economic instability and leading to the breakdown of supply chains, shortages of goods in stores.
8. Domestic deployments of the military.
9. Citizens are offered to cancel all personal loans under the so-called World Debt Reset Program, (Global Debt Restart Program). The state receives the necessary financial resources from the International Monetary Fund (Rothschild).

In order to join this program, citizens must cede all ownership of existing properties as well as future properties. In addition, they will be required to take the COVID-21 vaccinations and be digitally monitored. With the new vaccination certificate, travel freedoms will be restored.

10. Those who refuse to do so will become a risk to the health of others, and will not be rehabilitated until they agree to the measures.

This is part of a decimation that allegedly comes from the International Monetary Fund...

We are at the end of January 2021. Our lives have changed radically over the past 12 months and many people are currently hoping for a return to the old normal. But that is impossible, because we are in the midst of a historic transformation process that cannot be stopped and cannot be reversed.

This transformation process has two driving forces. One is financialization, and the other is the digitization of the world.

Financialization has led to a profound change in the economy. With the progressive abolition of legal restrictions since the mid-1970s, the financial sector has become increasingly powerful and has transformed into a casino that now has a life of its own and is dominated by large asset managers such as BlackRock.

Digitization also originated in the 1970s, when corporations like Microsoft and Apple were created. Today, they are not only worth trillions of dollars, they also control and dominate the most important lifeline of the economy next to money, the transfer of data.

Both developments - that is, financialization and digitalization - are closely linked. Asset management companies, for example, have a stake in all digital corporations, while, conversely, the digital corporations provide them with their know-how. In this way, a kind of community of interests has emerged, the digital-financial complex.

Due to its success, this complex has attracted the money of the world's ultra-rich, whose wealth today depends to a large extent on its well-being. In addition, numerous leading forces of the digital-financial complex have established foundations, with the help of which they can exert influence on media, politics or even international organizations.

Such a concentration of financial power, technical capabilities and personal influence has never been seen before in the history of mankind. Nevertheless, the digital-financial complex is currently struggling with 3 major problems:

After the near crash of 2007/08, the global financial system could only be kept alive by means of a steady supply of money and a continuous reduction of interest rates by central banks. However, because interest rates have now reached zero and negative interest rates would destroy the system from within, there is no longer any room for maneuver here.

Digitization, for example in the form of robots, can replace people as value-creating workers, but not as consumers who spend their wages and thus boost the economy. Digitalization therefore inevitably produces an ever-growing army of unemployed and welfare recipients.

... & that is probably the biggest problem: Money, in its previous form, has always been a gauge of human labor. One good is expensive because there is a lot of human labor in it, another is cheaper because there is less human labor in it. But

when human labor is eliminated in many areas through digitization, this comparison no longer applies. The principle of money as we know it and as it emerged from the barter economy thousands of years ago cannot be reconciled with an increasingly digitized world in the long term.

So how is the digital-financial complex responding to these problems? As we have observed in recent years, with a dual strategy: on the one hand, by plundering the existing system to its bitter end, and on the other hand, by making preparations in the background for a new system that serves one goal above all: its own retention of power.

We have been witnessing this looting since the crisis of 2007/08, with the pace having been stepped up considerably in the past year. This has ensured that the digital-financial complex has been able to grab more money and more power than ever before. Between mid-March and the end of December 2020 alone, the total wealth of billionaires worldwide has increased by \$3.9 trillion. At the same time, the standard of living of 1.6 billion people has been lowered, in some cases drastically, and today 130 million more people go hungry than before the measures, according to the United Nations.

So for the past year, we have been dealing with the sharpest increase in social inequality ever. This extreme development naturally leads to tremendous social tensions, which will certainly be unleashed in the time ahead.

But these tensions and the threat of dislocation are by no means inconvenient for the digital-financial complex. Its background strategy envisages the introduction of a new monetary system that would hardly be enforceable under normal circumstances. This new money is a digital central bank currency, CBDC for Central Bank Digital Currency. All the

world's major central banks are currently working flat out to develop it.

The CBDC will exist exclusively in digital form and will be accompanied by the complete abolition of cash. It will subject us all not only to the control of the state, but also to the control of the large IT corporations, because both will issue it jointly. So the CBDC is, for the first time, partially privatized money, and it will have the following characteristics:

The CBDC will be able to be tied to deadlines that force us to spend our money within a certain period of time. So it will be the first money that can have an expiration date. It will also be possible to tie the CBDC to geographical spaces, so that we can only spend it in certain regions or countries. In addition, the CBDC can be earmarked, so that, for example, part of the money can only be used to buy certain goods or cannot be spent on others.

In addition, it will be possible to charge negative interest rates to make it impossible for us to save and to drive us to spend our money quickly in order to stimulate the economy. In addition, they will be able to impose penalties on us for lack of good behavior towards the state or IT corporations, refuse us withdrawals or transfers, or block our account altogether.

All of these are just a few of the features that the CBDC brings to the table, but they should already show that most people would certainly not accept such money under normal circumstances.

However, there is one scenario under which this could possibly be quite different:

Imagine taking the following actions under the pretext of trying to prevent the spread of a disease: Bringing the economy to its knees, causing the bankruptcy of medium-sized

businesses by the dozen, destroying jobs on a huge scale, plundering the public treasury, handing out payments passed off as bailouts to the wealthy, delaying aid payments to those actually in need, and increasingly isolating people by cutting off contact.

In addition, they would restrict the freedom to travel, the right of assembly and the right to freedom of expression, wear down the population with ever new reports of terror, set them against each other through media manipulation - and all this until complete chaos ensues in the end.

And then those who are down would be offered - as a rescue, so to speak - a universal basic income, which would, however, be tied to one condition: the opening of a digital central bank account.

Could it perhaps be that the digital central bank currency could be introduced in this way without much resistance and that the trap could be snapped shut in this way...?

And if so, wouldn't it be urgent that we all oppose such a process using all the means at our disposal...?

The time is more than ripe for a democratic monetary system.

The books "Ernst Wolff explains the global financial system" and "World Power IMF" by Ernst Wolff are recommended in this context.

The New Normal

Episode 383 from the Corbett Report.com:

9/11, as we were told repeatedly in the days, weeks, and months after the attack, was the day that changed everything. And now a new event has come along to once again throw the world into chaos. But whereas the post-9/11 era introduced America to the concept of homeland security, the COVID-19 era is introducing the world to an altogether more abstract concept: biosecurity. This is the story of the COVID-911 security state.

9/11, as we were told repeatedly in the days, weeks, and months after the attack, was the day that changed everything. And now a new event has come along to once again throw the world into chaos. But whereas the post-9/11 era introduced America to the concept of homeland security, the COVID-19 era is introducing the world to an altogether more abstract concept: biosecurity. This is the story of the COVID-911 security state.

9/11 was the carte blanche for a Great Reset, the institution of a new normal in international relations and domestic affairs. From the creation of the Department of Homeland Security and the militarization of the police to the multi-trillion-dollar wars of aggression to reshape the Middle East, our lives today are drastically different than they were before that fateful Tuesday in September 2001.

GEORGE W. BUSH: On September the 11th, enemies of freedom committed an act of war against our country.

SOURCE: [Sept. 20, 2001 - Bush Declares War on Terror](#)

TONY BLAIR: If September the 11th hadn't happened, our assessment of the risk of allowing Saddam—any possibility of him reconstituting his programs—would not have been the same.

SOURCE: [IRAQ INQUIRY / TONY BLAIR / 9 11 CHANGED EVERYTHING](#)

BUSH: For the first time, airport security will become a direct federal responsibility.

SOURCE: [Bush signs aviation security legislation](#)

JOHN TYNER: I don't understand how a sexual assault can be made a condition of my flying.

TSA AGENT: This is not considered a sexual assault

TYNER: It would be if you weren't the government.

SOURCE: [Airport Body Scans Debated](#)

CENK UYGUR: The old fact sheet said, "The primary function of the FBI is law enforcement." That makes sense. That's what we grew up with. The new fact sheet says, "The primary function of the FBI is national security."

SOURCE: [Think The FBI Is About 'Law Enforcement'? Guess Again](#)

JANET NAPOLITANO: If you see something suspicious in the parking lot or in the store, say something immediately. Report suspicious activity to your local police or sheriff. If you need help, ask a Walmart manager for assistance.

SOURCE: [Walmart Public Service Announcement](#)

BUSH: All of this was brought upon us in a single day—and night fell on a different world, a world where freedom itself is under attack.

SOURCE: [Sept. 20, 2001 – Bush Declares War on Terror](#)

NERMEEN SHAIKH: The Obama administration's internal legal justification for assassinating US citizens without charge has been revealed for the first time.

SOURCE: [Kill List Exposed: Leaked Obama Memo Shows Assassination of U.S. Citizens "Has No Geographic Limit"](#)

RAND PAUL: I don't know. If the president's going to kill these people, he needs to let them know. Some of the people [who] might be terrorists are people who are missing fingers. Some people have stains on their clothing. Some people have

changed the color of their hair. [. . .] Or people who might like to pay in cash or people who have seven days of food on hand.

SOURCE: [Senator Rand Paul exposes scary definition of 'possible terrorist'](#)

DEIRDRE BOLTON: NYPD Commissioner Bill Bratton is warning that terrorists are using cellphone encryption and literally getting away with murder.

SOURCE: [Social media, encryption and the spread of terrorism](#)

BUSH: Every nation in every region now has a decision to make: either you are with us or you are with the terrorists.

SOURCE: [Either with Us or With the Terrorists - Bush](#)

But, nearly two decades later, 9/11 has gone from a touchstone event shaping all of the Western world's national security decisions to a fading cultural memory of a trauma that took place before the newest generation of high school graduates were even born.

9/11 is no longer a driving political issue.

But, as if on cue, a new event has come along to throw the world into chaos.

Once again, we are being told that the world has changed forever.

REPORTER: This is not normal. At least it wasn't until a few weeks ago, when everything we take for granted—everything—moved just beyond our grasp.

SOURCE: [Coronavirus outbreak: Can we ever return to normal during or after the COVID-19 pandemic?](#)

REPORTER: As a global community we've experienced a once-in-a-lifetime event that will shift and reshape our behaviors and perceptions for quite some time.

SOURCE: [Say Hello to The New Normal Consumer](#)

JUSTIN TRUDEAU: This will be the new normal until a vaccine is developed.

REPORTER: . . . Meaning the new normal could last for months, even years.

SOURCE: [The National: COVID-19 'new normal' to last; over 1M jobs lost](#)

NICOLA STURGEON: So, return to normal as we knew it is not on the cards in the near future.

SOURCE: [Scotland publishes framework for coping with 'new normal' of Covid-19](#)

And, once again, this is no empty rhetoric. Governments, businesses and NGOs are now coordinating at the international level on a “Great Reset” to once again completely reshape the world we are living in.

KRISTALINA GEORGIEVA: History would look at this crisis as the great opportunity for reset.

ANTÓNIO GUTERRES: The great reset is a welcome recognition that this human tragedy must be a wake-up call. It is imperative that we re-imagine, rebuild, redesign, reinvigorate and rebalance our world.

SOURCE: [The Great Reset Launch | Highlights](#)

JOHN KERRY: Reset cannot mean—we can't think of it in terms of sort of “pushing a button” and going back to the way things were. [. . .] And the normal *was* a crisis. The normal was itself not working.

SOURCE: [The Great Reset Initiative | 24.06.2020](#)

CHRYSTIA FREELAND: I think all Canadians understand that the restart of our economy needs to be green. It also needs to be equitable. It needs to be inclusive.

SOURCE: [“It’s about time”: Freeland speaks on being Canada’s first female finance minister](#)

MARIA VAN KERKHOVE: What we’re going to have to figure out, and I think what we’re all going to have to figure out together, is what our new normal looks like. Our new normal includes physical distancing from others. Our new normal includes wearing masks where appropriate. Our new normal includes us knowing where this virus is each and every day, where we live, where we work, where we want to travel.

SOURCE: [What the New Normal Looks Like After Covid-19](#)

ALLEY WILSON: In parts of Europe, immunity passports are being considered for people who are believed to be immune to the coronavirus. While in China, some cities have already implemented QR codes that generate a color in order for officials to enable how freely an individual may move around outdoors.

SOURCE: [Coronavirus outbreak: Could immunity passports become the new normal?](#)

Those paying attention will have already noted the parallels between the “War on Terror” declared after 9/11 and the “War on the Invisible Enemy” that has been declared on COVID-19. In fact, the security imperatives imposed by this pandemic crisis are so similar to those imposed by the terror crisis that, in many cases, the “new” security screening tools that are being put into place to combat COVID-19 are openly acknowledged to be mere upgrades of screening tools deployed after 9/11.

ANDREW ROSS SORKIN: Most people know CLEAR by going to the airport. It was born after 9/11. This is another crisis with a new component that’s being born. Explain what this product is in terms of how it’s going to work relating to COVID.

CARYN SEIDMAN BECKER: So, you’re right: CLEAR was born out of 9/11 and it was about a public-private partnership leveraging innovation to enhance homeland security and delight customers. And that was really the beginning of screening 1.0. And just like screening was forever changed

post-9/11, in a post-COVID environment you're going to see screening and public safety significantly shift.

But this time it's beyond airports, right? It's sports stadiums. It's retail, as Dana talked about. It's office buildings. It's restaurants.

And so, while we started with travel, at our core we're a biometric-secure identity platform, where it's always been about attaching your identity to your boarding pass at the airport, or your ticket to get into a sports stadium, or your credit card to buy a beer. And so now with the launch of CLEAR Health Pass, it's about attaching your identity to your COVID-related health insights for employers, for employees, for customers.

Everybody wants to know that each other is safe to start to reopen businesses and get America moving.

SOURCE: [CLEAR's new Health Pass service to help screen for coronavirus: CEO](#)

Yes, in some ways the coronavirus security state is merely an extension of the 9/11 security state. But even more disturbing parallels between 9/11 and COVID-19 are to be found at a deeper level of analysis.

It is true that, just like the response to the 9/11 attacks, the response to the COVID-19 “crisis” is being framed in terms of “security.” But whereas the post-9/11 era introduced America to the concept of “Homeland Security”—security from “terrorists,” individuals with identifiable intentions belonging to groups with stated political goals—the COVID-19 era is introducing the world to an altogether more abstract concept: biosecurity.

Originally employed to describe threats to the environment—the introduction of invasive species to a habitat, for instance, or the transmission of infectious diseases among crops and livestock—the term “biosecurity” was injected into mainstream political discourse when the 2001 anthrax attacks linked

bioterrorism to the global war on terror. Suddenly, “biosecurity” was a pressing national security threat, and an entire architecture of national and international legislation was introduced to institute procedures for implementing medical martial law.

In the US, the Model State Emergency Health Powers Act was passed in multiple state legislatures, giving governors the power to forcibly quarantine and even force-vaccinate their populations in the event of a declared public health emergency.

On the international level, the World Health Organization adopted the International Health Regulations in 2005, obligating all 196 WHO member nations to recognize declared “Public Health Emergencies of International Concern” like pandemic disease outbreaks as a global threat requiring international cooperation. Some have even argued that the legislation is broad enough to allow organizations like NATO leeway to enter countries in the interest of “controlling the outbreak.”

Once again, the tie between this biosecurity paradigm and the war on terror paradigm is openly acknowledged. In a 2002 paper on the emerging biosecurity field, two US environmental researchers noted the way that 9/11 had opened the door for biosecurity research and legislation.

“The events of September 11 and subsequent anthrax assaults have made US policymakers and the public more aware of our vulnerability to organisms released with the intent to cause significant harm,” they wrote.

In 2010, the World Health Organization issued its own information note on biosecurity, stating that “The overarching goal of biosecurity is to prevent, control and/or manage risks to life and health,” and—echoing post-9/11 declarations about the need for global cooperation in the War on Terror—that this goal can only be reached through “a

harmonized and integrated biosecurity approach” based on “international standards.”

What this predictably bland language obscures is the way that “biosecurity” is used to invoke emergency powers and install new security procedures. Just as the Homeland Security paradigm used the presumed threat of terrorism as an excuse to curtail civil liberties, so, too, does the biosecurity paradigm use presumed threats to public health as an excuse to curtail civil liberties.

The nightmarish police state that is coming into view on the back of this pandemic panic is not a temporary state of affairs, nor is it a haphazard set of measures thrown together on an ad hoc basis; it is the creation of a new form of governance. This new form of governance relies on the perceived sense of crisis—in this case, a public health crisis—to justify constant surveillance of the public and new powers to inhibit the travel of anyone deemed a health risk.

Famed Italian philosopher Giorgio Agamben has documented how this biosecurity state is being erected on the back of the panic that 9/11 and the war on terror helped induce in the public.

“We might say that once terrorism was exhausted as a justification for exceptional measures, the invention of an epidemic could offer the ideal pretext for broadening such measures beyond any limitation.

“The other factor, no less disquieting, is the state of fear, which in recent years has diffused into individual consciousnesses and which translates into a real need for **states of collective panic**, for which the epidemic once again offers the ideal pretext.

“Therefore, in a perverse vicious circle, the limitation of freedom imposed by governments is accepted in the name of a desire for safety, which has been created by the same governments who now intervene to satisfy it.”

The parallel nature of 9/11 and COVID-19 as catalyzing events ushering in states of collective panic and, ultimately, new forms of governance, is seen most clearly in the area where these two paradigms overlap: bioterrorism.

The molten steel on the Ground Zero pile had not even cooled before the American public and the people of the world were confronted with the specter of bioterrorism. Beginning a week after 9/11 and continuing for weeks thereafter, a series of letters containing anthrax spores were mailed to media personalities and government officials in an apparent continuation of the terrorist attack on the US.

The letters were quickly tied to both Al Qaeda and Iraq in the mainstream media:

BRIAN ROSS: Peter, from three well-placed but separate sources tonight ABC News has been told that initial tests on the anthrax sent to Senator Daschle have found a tell-tale chemical additive whose name means a lot to weapons experts. It is called bentonite. Its possible other countries may be using it, too, but it is a trademark of Saddam Hussein's biological weapons program.

TIM TREVAN: It does mean for me that Iraq becomes the prime suspect as the source for the anthrax used in these letters.

SOURCE: ABC Evening News for Friday, Oct 26, 2001

The 24/7 coverage of the event in the media ceased abruptly, however, when it was discovered that the strain of anthrax used in the attacks sourced not to Iraq but to the US military's own bioweapons laboratory at Fort Detrick, Maryland.

But this convergence of terrorism and biosecurity did not start with the anthrax attacks. It began in June of 2001, a full three months before 9/11 and the declaration of the war on terror itself. That was when a number of ranking US military and intelligence officials took part in "Dark Winter," a high-level exercise that simulated the US' response to a smallpox attack on the homeland by bioterrorists. The drill, co-hosted by the Johns Hopkins Center for Health Security, took place at Andrews Air Force Base on the 22nd and 23rd of June 2001, and even involved fake news reports that were broadcast to the participants as the simulation unfolded.

ANGIE MILES: On day six of the smallpox epidemic, the White House confirmed that federal government officials and military personnel are being vaccinated. Three hundred people have died; at least 2,000 are infected with smallpox. Still no group claims responsibility for unleashing the deadly smallpox virus, but NCN has learned that Iraq may have provided the technology behind the attack to terrorist groups based in Afghanistan.

SOURCE: 'operation dark winter' 3

In an incredible parallel, the same Johns Hopkins Center for Health Security that co-hosted Dark Winter also co-hosted "Event 201," a simulation of a globally spreading novel coronavirus pandemic that was held in New York just months before the declaration of the globally spreading novel coronavirus pandemic that hailed the advent of the era of biosecurity. *This* exercise similarly involved fake news broadcasts:

FAKE NEWS REPORTER: It began in healthy-looking pigs' months, perhaps years, ago. A new coronavirus spread silently

within herds. Gradually, farmers started getting sick. Infected people got a respiratory illness with symptoms ranging from mild, flu-like signs to severe pneumonia. The sickest required intensive care. Many died.

SOURCE: Event 201 Pandemic Exercise: Highlights Reel

Unsurprisingly, many of the same characters that were involved in the promotion of the bioterror scare under the old “Homeland Security” paradigm have been influential in promoting the COVID-19 scare under the new “biosecurity” paradigm.

The phrase “Homeland Security” itself was popularized in Washington in the late 1990s and capitalized on by the ANSER Institute, which formed an Institute for Homeland Security in 1999 led by Randall Larsen, a professor and department chair at the National War College. The Institute prepared a course on “Homeland Security” which was to be co-taught by Larsen and his National War College colleague, Robert Kadlec. Coincidentally, the course was slated to begin on September 11, 2001. Part of the course syllabus included a review of the Dark Winter exercise, which the Institute for Homeland Security co-created.

The name “Dark Winter” derives from a statement made by Larsen’s colleague, Robert Kadlec, credited as a “Bio-Warfare Defense Expert” during the exercise’s fake news broadcast.

ROBERT KADLEC: . . . and the problem is we don’t have enough vaccine to go around.

MILES: Meaning we don’t have enough vaccine for the United States?

KADLEC: Well,,, I would like to think that. But we don't have sufficient stockpiles for the people in Oklahoma, Georgia or Pennsylvania, much less for the entire United States population.

MILES: Well,,, that certainly doesn't sound encouraging. What do you mean, exactly?

KADLEC: Angie, it means it could be a very dark winter for America.

MILES: Sobering. Thank you very much for joining us, Dr. Kadlec.

SOURCE: [operation dark winter' 2](#)

A career officer and physician in the United States Air Force, Kadlec would go on to contribute to the FBI's investigation of the 2001 anthrax attacks and then serve in several key biosecurity-related roles in the George W. Bush White House. During this time, Kadlec helped draft the Pandemic and All-Hazards Preparedness Act. Passed by Congress in 2006, the act greatly expanded federal power during public health emergencies and consolidated many of these powers in a new office, the Assistant Secretary for Preparedness and Response (ASPR). Then, in what Kadlec has called "just a coincidence," Trump appointed Kadlec himself to that position in 2017.

In his role as ASPR, Kadlec oversaw a joint exercise in 2019 named Crimson Contagion. The drill included the National Security Council, the Pentagon, the Department of Homeland Security and a raft of other government agencies and simulated the US government's response to a viral pandemic originating in China and spreading around the globe. Like Dark Winter, the "Crimson Contagion" exercise took place just months before the events it was simulating began to play out in real life. And, like Dark Winter, it gave participants like Kadlec the chance to argue that biosecurity was a pressing national security challenge that the country was ill-prepared to

meet—an argument that he made to Congress with Dr. Anthony Fauci by his side just one week before the first reports of the novel coronavirus spreading in China.

DIANA DEGETTE: Dr. Kadlec, what keeps you up at night when you think about preparedness for the next big flu outbreak.

KADLEC: I mean, thank you, ma'am, I appreciate the question. I mean, I sleep like a baby: I wake up every two hours screaming.

DEGETTE: Much like me.

KADLEC: Yeah. But I think the key thing here is a pandemic. Quite frankly, I have a unique background on this committee or this dais. I have served two years on the Senate Intelligence Committee and looked at the many threats that face the United States, but there is no singular threat that could devastate our country through our health and our economy and our social institutions than pandemic influenza.

DEGETTE: Yeah.

KADLEC: And we had four during the last century. And even though we've had a mild one in this first century, I think the risk is that we'll have another severe one, and that would devastate our country.

SOURCE: [Pandemic Preparedness – testimony of ASPR's Robert Kadlec – December 4, 2019](#)

Then there's Donald Rumsfeld. As Secretary of Defense in the first term of the George W. Bush administration, there are few people more closely associated with the "War on Terror." Rumsfeld, too, has been intimately associated with the emerging biosecurity state for decades. In the 1980s he personally participated in secret meetings with Saddam Hussein that resulted in anthrax, botulism, and other chemical

weapons being sent from the US to Iraq. In the 1990s he was named chairman of Gilead Sciences, a California biotech company that profited handsomely from the scramble for Tamiflu during the bird flu scare of 2005 and which is currently profiting handsomely from Remdesivir as a result of the COVID-19 scare.

ANTHONY FAUCI: The data shows that Remdesivir has a clear-cut, significant, positive effect in diminishing the time to recovery.

SOURCE: [Fauci announces good news about coronavirus drug](#).

There are many others whose careers blaze the same trail, transitioning seamlessly from the Homeland Security state to the biosecurity state. People like Dr. Richard Hatchett, who served as Director for Biodefense Policy under George W. Bush, then as acting Director of the Biomedical Advanced Research and Development Authority (BARDA) and acting Deputy Assistant Secretary in the Office of the Assistant Secretary for Preparedness and Response within HHS before becoming the CEO of CEPI, the Bill and Melinda Gates Foundation co-founded Coalition for Epidemic Preparedness Innovations. In his position as “global health expert,” Hatchett made waves back in March for his alarmist pronouncements about the SARS-CoV-2 pandemic.

RICHARD HATCHETT: It’s the most frightening disease I’ve ever encountered in my career, and that includes Ebola, it includes MERS, it includes SARS. And it’s frightening because of the combination of infectiousness and a lethality that appears to be manyfold higher than flu.

SOURCE: Coronavirus researcher accused of scaremongering for calling it ‘most frightening disease I’ve ever encountered’

That so many of the people who were there at the birth of the “War on Terror” are currently acting as midwives to the

biosecurity state should come as no surprise. After all, the biosecurity paradigm is not a *replacement* for the terror paradigm; it is its *fulfillment*.

The “War on Terror” imagined a covert army of foreign invaders slipping through the defenses of the Homeland and commandeering the resources of the body politic to wreak internal havoc. The biosecurity state posits largely the same scenario, but now those foreign invaders are not “terrorists” possessed with a “hatred of freedom”; they are “asymptomatic carriers” possessed by a pathogen.

Just as the Homeland Security forces and border security agents were entrusted to protect us from the terrorists, now the “frontline heroes,” doctors and nurses armed with the tools of the technocratic priest class, can protect us from the invisible enemy.

This speaks to an important aspect of the biosecurity state: ultimately, it is not about health. It is about politics.

Once again we find insight on this turn of events from Giorgio Agamben, who has noted that viral epidemics are “above all a political concept, which is preparing to become the new terrain of world politics—or non-politics. It is possible, however, that the epidemic that we are living through will be the actualization of the global civil war that, according to the most attentive political theorists, has taken the place of traditional world wars. All nations and all peoples are now in an enduring war with themselves, because the invisible and elusive enemy with which they are struggling is within us.”

Governments are banning gatherings and events. Instituting new screening procedures. Quarantining healthy, functioning people against their will. Tracking and surveilling every individual. Controlling their movements. Monitoring their transactions. Make no mistake: the “War on Terror” is not over. It has just greatly expanded.

The proponent's of 9/11 truth have warned for 19 years that the "War on Terror" was always a war on the public. Long pushed to the margins of the political debate, that viewpoint has been vindicated as the "terrorist" label is replaced by the "asymptomatic carrier" label and all the machinery of the police state is wielded against everyone who opposes the biosecurity takeover.

Given that those once derided as “conspiracy theorists” have turned out to be the most prescient political observers of all, perhaps it is time to learn the *real* lessons from 9/11 that mainstream discourse has always excluded:

- That 9/11 and the “War on Terror” was not a war at all, but a power grab;
- That the “temporary” measures brought in to deal with an alleged “emergency” will never be relinquished;
- And, most importantly, that unless everyone who cares about this—the most blatant power grab in history—rises up, refuses to cower in fear of the invisible enemy, and reclaims their inalienable rights to freedom of movement, freedom of association and freedom of assembly, then those freedoms will be gone for good.

This is the message of 9/11 truth: that the world was tricked into giving up their rights in the name of an endless parade of bogeymen. In reality, it was the very politicians and officials claiming to protect us from these bogeymen—the ones donning the mantle of “Homeland Security”—who were the greatest threat to the public. And now they are claiming *we* are the bogeymen—“asymptomatic carriers” of an invisible enemy,” walking and talking weapons of mass destruction who must be caged in fear forever lest the virus kill us all.

This is a lie, and it exposes what the fearmongers are themselves afraid of: free humanity. Gathering. Talking. Working. Playing. Living.

It is no small irony that this year’s 9/11 memorials have been disrupted by the COVID scare. The torch has well and truly passed, and the annual injunctions to “Never Forget” have been replaced by a litany of “Always Remembers.” Remember to wear your mask. Remember to stay six feet apart. Remember to avoid large groups. Remember to stay home.

After 19 years, perhaps it is time to admit that 9/11 truth failed to expose the “War on Terror” lie in time to derail the homeland

security agenda. But we are entering a new era, and we have a new chance to wake from this nightmare.

Knowing this, the only question is: Will we reject the “War on the Invisible Enemy” before it’s too late?

Whatever our choice, we better make it quickly. A Great Reset is coming.

BUSH: Great harm has been done to us. We have suffered great loss. And in our grief and anger we have found our mission and our moment.

Freedom and fear are at war. The advance of human freedom, the great achievement of our time and the great hope of every time, now depends on us.

SOURCE: [George W. Bush: Address to Congress, September 20, 2001](#)

DONALD TRUMP: I want to assure the American people that we’re doing everything we can each day to confront and ultimately defeat this horrible, invisible enemy. We’re at war. In a true sense, we’re at war and we’re fighting an invisible enemy. Think of that.

SOURCE: [President Trump says he is a ‘wartime president’ battling an ‘invisible enemy’ over coronavirus](#)



The paradigm - terror security - on the War on Terror and the paradigm - bio security - on the Corona Crisis is linked as the Anthrax Attacks that followed after 9/11. None of the real perpetrators have been arrested, as a matter of fact no trial has even occurred on the alleged terrorists for all False Flags Attacks since 2001 until 2020. It therefor is safe to assume that the forces that committed these crimes (CIA ...?!) are still at large ... as

Episode 388 on Corbett Report.com:

For the past twenty years, the world has been in the midst of a so-called “war on terror” set in motion by a false flag attack of spectacular proportions. Now the stage is being set for a new spectacular attack to usher in the next stage in that war on terror: the war on bioterrorism. But who are the real bioterrorists? And can we rely on government agencies, their appointed health authorities, and the corporate media to accurately identify those terrorists in the wake of the next spectacular terror attack?

A false flag operation is an action that is carried out in such a way as to make it look like it was done by someone other than the real perpetrator. Taking its metaphor from naval warfare, where ships would sometimes fly false flags as a *ruse du guerre* in order to sneak up on their enemy, its use has been expanded to include military actions, intelligence operations and even political subterfuge.

It is not difficult to see how governments can use this tactic to whip the public into war hysteria against their political enemies. By staging an attack and blaming their opponents, governments can dupe their population into going along with whatever policies they wish to enact in the name of “fighting the enemy.” It’s a childishly simple tactic but, as we shall see,

it has worked for hundreds of years to lead populations into war against targeted groups.

For the past twenty years, the world has been in the midst of a so-called “war on terror” set in motion by a false flag attack of spectacular proportions. And now, the stage is being set for a new spectacular attack to usher in the next stage in that war on terror: the war on bioterrorism.

GATES: We can’t predict when, but given the continual emergence of new pathogens, the increasing risk of a bioterror attack, and the ever-increasing connectedness of our world, there is a significant probability that a large and lethal modern-day pandemic will occur in our lifetime.

SOURCE: [Bill Gates speaks at #epidemicsgoviral in 2018](#)

As the world begins to lose its collective mind over the threat of viruses, the idea that biological agents and infectious pathogens will be the weapon of choice of the terrorists is being seeded in the public imagination. As in every such false flag event, the coming bioterrorist attack will be blamed on a convenient scapegoat: the “invisible enemy” of a deadly new pathogen and the shadowy terror groups who, we will be told, are responsible for releasing it.

But, as history shows, it is the people who are claiming to “predict” this attack in advance, and who are in positions to dictate the world’s response to it, who should be considered the prime suspects in the wake of any such event.

This is an exploration of **False Flags and the Dawn of Bioterrorism**.

1. What is a False Flag?

Although the term “false flag” has been used in a figurative sense [since the 16th century](#) to refer to some person or group disguising their true nature or intentions, its modern use derives from the annals of naval warfare, where ships would literally fly the flag of a different nation, pretending to be allies in order to slip past enemy defenses.

The ruse was successful enough that it was adopted for land and air warfare. No longer were literal flags necessary in order to carry out these “false flag” operations. Any use of deception in order to conceal the true origins and perpetrators of an attack could, by extension, be counted as a false flag operation.

It’s a simple idea, but, to those not versed in the art of deceit, it can be devastatingly effective. Unsurprisingly, rulers have used the tactic for hundreds of years to rally their own populations for war against an enemy target.

Take the case of Swedish King Gustav III. In 1788 he was looking for a way to unite an increasingly divided nation and raise his own falling political fortunes. Like many a ruler before and after, he decided that launching a war against his old rivals, the Russians, would be the perfect vehicle for rallying the public around his government. But the king had a problem: there was no appetite among the Swedish public for such a war, and he didn’t have the authority to declare war unilaterally. So, he arranged a false flag operation. Gustav [dressed up his own soldiers as Russian troops](#) (complete with Russian coins in their pockets) and ordered them to attack a Swedish garrison stationed in Finland. The Swedish public, believing it to be a genuine Russian attack, were outraged, and the [Russo-Swedish War of 1788-1790 began](#).

Or take the case of Seishirō Itagaki, a general in the Imperial Japanese Army who, by 1931, had risen through the ranks to become the Chief of Intelligence in the Kwantung Army,

Japan's largest army group. Itagaki had a problem: he wanted to invade Manchuria, but the Japanese Minister of War wouldn't allow it. So the general took matters into his own hands by organizing a small cadre of rebels within the Japanese Army and launching a false flag attack. They detonated some explosives on a railway track near a Chinese garrison and blamed [the incident](#) on the Chinese themselves. The next day, the Japanese began their attack in response to the "Chinese" provocation and Itagaki got his Manchurian invasion.

Or take the case of the Manning memo. This document records the discussions that took place between US President George W. Bush and UK Prime Minister Tony Blair at the White House on January 31, 2003. They were committed to starting a war with Iraq, but they had a problem: they didn't have any actual reason for invading Iraq. As the memo reveals, Bush proposed a false flag solution: [painting a U2 spy plane in United Nations colours](#) and flying it low over Iraqi airspace in the hopes that it would be shot down by Iraqi air defense. The outrage, it was assumed, would give the leaders the blank check they needed to wage their war. Blair reportedly balked at the idea, but the pair did agree that the invasion would go ahead regardless of whether or not any weapons of mass destruction were ever found, war crimes be damned.

There are [many such examples](#) of false flag operations being used throughout history. But the tactic isn't an old, dusty relic of the distant past. It very much pertains to the world of the 21st century . . .

2. False Flag Terrorism

It seems inevitable, in hindsight, that the idea of a “false flag” attack would be adapted from its literal use in naval warfare to a more general tactic of deception in military engagements. So it’s not surprising at all, then, that the concept was further abstracted from a stratagem of warfare to a tool of spy craft.

With the rise of the age of terrorism came the rise of false flag terrorism: spectacular acts of violence designed to look like they were the acts of shadowy terror groups. Once again, the trick is simple but effective.

In the early 1950s, the Israelis were concerned that the British would withdraw their forces from the Suez Canal zone, strengthening Egyptian President Gamal Abdel Nasser and his quest to form an alliance against Israel based on Pan-Arab nationalism. Realizing that the only thing that would keep Britain committed to the region was an ongoing state of emergency, they hit upon a simple solution: a false flag terror operation.

Officially codenamed Operation Susannah (but today known as the [Lavon Affair](#)), Israeli military intelligence staged a number of bombings around Egypt, hoping to blame the acts on communists, the Muslim Brotherhood, malcontents, or other convenient scapegoats. But the plan was foiled by Egyptian authorities. Several members of the Israeli cell were captured and the Israeli defence minister was forced to resign over the incident. It was never officially admitted until 2005, when Israel [formally honored](#) nine of the spies that had helped carry out the bombings.

But the era of false flag terrorism kicked off in earnest on September 11, 2001, when the neocons in the Bush administration and their accomplices in the military-industrial complex and the intelligence services of multiple countries found an excuse for their longed-for invasion of Afghanistan and the fulfillment of long-standing Zionist plans for Israel and redrawing the map of the Middle East.

[Prized](#) as a pipeline corridor, Afghanistan was also the linchpin of the [global heroin trade](#) and an important base of operations for the forthcoming War on Terror. In fact, so important was the country to the Bush administration that it made the full-scale plan for invading Afghanistan the subject of its first national security directive, [NSPD-9](#). The plan was ready and awaiting presidential approval on September 4, 2001, one week *before* the events that would [supposedly justify](#) such an invasion.

RUMSFELD: By the first week of September, the process had arrived at a strategy that was presented to principals and later became NSPD-9, the President's first major substantive national security decision directive. It was presented for a decision by principals on September 4th, 2001, seven days before the 11th, and later signed by the President, with minor changes and a preamble to reflect the events of September 11th, in October."

SOURCE: RUMSFELD 9/11 COMMISSION TESTIMONY MARCH 23, 2004

9/11 was the foundational event of the 21st century, an excuse for numerous items on the checklist of the neocon cabal at the heart of the Bush administration: The creation of the homeland security state. The murderous wars of aggression to reshape the Middle East. The expansion of the military-industrial complex even beyond its Cold War excesses. The formation of the [information-industrial complex](#). We have all watched these events unfolding like a nightmare over the course of the past two decades.

But now, just as the 9/11 myth has finally begun to relinquish its grasp on the public psyche, another event has come along to send the world back into a state of irrational fear. This time, the emergency is predicated not on the Muslim bogeyman but on the invisible bogeyman: SARS-CoV-2. As we have already seen, the advent of new forms of warfare inevitably brings with it new opportunities for war planners to adapt the false flag

strategy for new battlegrounds. And so it is that we find ourselves on the cusp of a new era of false flag operations.

3. The Anthrax False Flag

As it turns out, 9/11 may not prove to be the most long-lasting and world-changing false flag event to have taken place in the fall of 2001. Although largely forgotten today, the anthrax attacks that followed on the heels of “the day that changed everything” have had a profound effect in shaping public policy and setting the stage for the biosecurity state that is emerging today.

The week after September 11, 2001, a series of letters containing anthrax spores were mailed to various media outlets and, later, to two US Senators, Tom Daschle and Patrick Leahy, who had [raised concerns](#) about the Patriot Act which the Bush regime was attempting to rush through Congress. The anthrax-laced letters—which caused the shutdown of Congress and lead to the emergency passage of the Patriot Act before legislators even had a chance to read the bill—would go on to kill five and injure 17 others.

In those first chaotic days of the attack, ABC’s Brian Ross reporting from his anonymous “well-placed” sources that the anthrax spores contained traces of bentonite, a “troubling chemical additive” that just happened to be a “trademark of Iraqi leader Saddam Hussein’s biological weapons program.”

BRIAN ROSS: Peter, from three well-placed but separate sources tonight ABC News has been told that initial tests on the anthrax sent to Senator Daschle have found a tell-tale chemical additive whose name means a lot to weapons experts. It is called bentonite. It’s possible other countries may be using it, too, but it is a trademark of Saddam Hussein’s biological weapons program.

SOURCE: [ABC Evening News for Friday, Oct 26, 2001](#)

Of course, this turned out to be [a complete lie](#) (a lie that Ross has never clarified or retracted to this day).

As was later confirmed, the spores in question were actually derived from the Ames strain, a strain of anthrax whose virulence makes it the “[gold standard](#)” for research into the bacterium by the biological warriors at the United States Army Medical Research Institute of Infectious Diseases.

Unsurprisingly, once the anthrax was found to have sourced from the US government’s own biological research labs and *not* an Iraqi weapons program, coverage of the affair in the mainstream media became less frequent and less detailed.

After years of floating the name of bioweapons expert Steven Hatfill as a “person of interest” in the investigation, the FBI pinned the blame on Bruce Ivins, a “lone wolf” who allegedly orchestrated the entire attack himself because of mental instability. Hatfill successfully sued the FBI for [nearly \\$6 million](#) for undue harassment and Ivins conveniently killed himself before ever being charged with any crime. In the end, not a single person was arrested or indicted for their participation in one of the highest profile attacks in American history.

The anthrax false flag killed multiple birds with one stone:

- It associated the terror attack of 9/11 with a subsequent bioterror attack that was quickly connected to Saddam Hussein and Iraq. That [association](#) was still [strong in the minds](#) of many Americans (some who may still have erroneously blamed Iraq for the attack) during the buildup to the Iraq War in 2002 and 2003.
- As Whitney Webb points out in her [exhaustive report](#) on the event, the anthrax attack also saved Bioport, the crony-connected DoD contractor that supplied the US military with the highly controversial anthrax vaccine. Facing growing concerns about the safety and efficacy of its vaccine, Bioport faced financial ruin . . . until the anthrax attacks happened and demand for their questionable product skyrocketed. Later rebranding as Emergent Biosolutions, the company benefited from the largesse of the Gates-backed Coalition for Epidemic Preparedness, and, as Webb notes,

the company “is now set to profit from the Coronavirus (Covid-19) crisis.”

- The anthrax attack also gave an excuse for the creation of a wide-ranging legislative and institutional framework for implementing medical martial law in the event of a subsequent bioterrorist attack, including the wide-scale adoption of the [Model State Emergency Health Powers Act](#) authorizing forced quarantines and forced vaccinations in the wake of a declared health emergency.

The anthrax false flag also gave a gigantic shot in the arm to another major wing of the military-industrial complex: the “biodefense” sector. Before anthrax entered the public consciousness as a weapon of terror in the fall of 2001, bioweapons research had been sidelined and shrouded in secrecy. After the attacks, however, the US government—and, indeed, every government in the world—had a perfect excuse to vastly expand its biological weapons programs in the name of “biological security.” As Jonathan King, a professor of microbiology at MIT, [explains](#):

“[The] response to the anthrax attacks and the bioterrorism initiative has been to launch a nationwide, billion-dollar campaign to ‘defend us’ from unknown terrorists. But the character of this program is roughly as follows: You say, ‘Well, what would the terrorists come up with? What’s the nastiest, most dangerous, most difficult-to-diagnose, difficult-to-treat microorganisms that we can think of. Well, let’s go bring that organism into existence so that we can figure out how to defend against it.’ The fact of the matter is, it’s indistinguishable from an offensive program in which you would do the same thing.”

And now, two decades later, that massive billion-dollar campaign made to “defend us” from the anthrax threat has led to the creation of a vast biosecurity infrastructure. From biological labs conducting gain-of-function research to

government offices conducting bioterror “simulations” to legislation granting extraordinary powers to unelected health “authorities” in the wake of the next attack, the groundwork has been laid for the next stage of government-sponsored false flag terrorism.

4. False Flag Bioterrorism

Ever since 9/11 and the anthrax attacks of 2001, the public has been told that the next spectacular terror attack would involve biological agents engineered by shadowy terror groups.

REPORTER: At a Tucson gymnasium, people wait their turn for life-saving pills to be taken after an outbreak of a smallpox virus. Scenarios like these are taking place across the United States. Thankfully, they're only simulations.

SOURCE: [RR0304/A USA: Bioterrorism](#)

MR. LYNCH: Although we are fortunate not to have experienced a biological attack here in the United States since the anthrax attacks, post-September 11th the threat remains very real. Foreign adversaries have already demonstrated an interest in developing genetic and biological weaponry.

SOURCE: [U.S. Biodefense, Preparedness, and Implications of Antimicrobial Resistance for National Security](#)

JEANNE MESERVE: GNN has just learned a group calling itself A Brighter Dawn, or "ABD," is claiming responsibility for the creation and intentional release of the Clade X virus. In a YouTube video, a spokesman for the group says the goal is to reduce the human population to pre-industrial levels. That, he says, will bring the world back into balance and prevent the destruction of the planet.

SOURCE: [Clade X Pandemic Exercise: Segment 2](#)

REPORTER: The Center for Disease Control is one of only two labs in the world which officially holds samples of the smallpox virus. The other is in Moscow. But now, bioterror experts fear many other countries may have the virus, and there are concerns it could be used as a weapon. Bioterrorism experts envisage grim scenarios where a suicide terrorist contagious with smallpox walks through a busy airport, infecting hundreds of others who spread the virus to their destinations.

SOURCE: [RR0304/A USA: Bioterrorism](#)

Those warnings have only increased in urgency in this age of COVID.

GATES: We also face a new threat that the next epidemic has good chance of originated [sic] on a computer screen of a terrorist intent on using genetic engineering to create a synthetic version of the smallpox virus or a contagious contagious and highly deadly strain of flu.

SOURCE: [Gates: Millions could die from bio-terrorism](#)

STEPHEN COLBERT: What else are we not listening to that we need to take action on now?

GATES: Well, the idea of a bioterrorist attack is kinda the nightmare scenario because a pathogen with a high death rate would be ???

SOURCE: [Bill Gates warns of BioTerror attack 2nd Wave](#)

RICK BRIGHT: There will be likely a resurgence of COVID-19 this fall.

It'll be greatly compounded by the challenges of seasonal influenza. Without better planning, 2020 could be the darkest winter in modern history.

SOURCE: [Whistleblower warns of 'darkest winter' if U.S. doesn't plan against virus](#)

GATES: So we, you know, we'll have to prepare for the next one that, you know . . . I'd say will get attention this time,

SOURCE: [A Special Edition of Path Forward with Bill and Melinda Gates](#)

Statements like these not only implant in the public mind the idea that the next spectacular terror attack is likely to be biological, but that when such an attack occurs, we should immediately pin the blame on the shadowy terrorists who (we will likely be told) cooked the pathogen up in their bioweapons lab in the caves of Tora Bora.

But, just as anyone with national security experience immediately recognized that 9/11 was not the work of 19 men with boxcutters but in fact bore the hallmarks of a precisely coordinated intelligence operation, so, too, should the public be aware that those with the means, motive and opportunity to create and disseminate a globally spreading infectious pathogen are not cave-dwelling terrorists but well-funded government and military researchers.

Although prohibited by the 1972 [Biological and Toxin Weapons Convention](#), the US has, in fact, maintained an illegal and secret germ warfare research program for decades. Long known to insiders but formally denied by the US government, the existence of the program was [confirmed in the pages of *The New York Times*](#) on September 4, 2001, the same day that the invasion orders for Afghanistan were sent to President Bush for authorization, one week before “the day that changed everything” and two weeks before the beginning of the anthrax false flag.

Although the program was downplayed as “foolish, but not illegal” and portrayed as a defensive program that was largely curtailed in the wake of the end of the Cold War, a [groundbreaking 2018 investigation](#) by independent journalist Dilyana Gaytandzhieva found that a network of Pentagon-run biolabs in ex-Soviet bloc states continues to this day to produce deadly bacteria, weaponized viruses and toxins prohibited by the Biological Weapons Convention.

But the US is certainly not alone in its multi-billion dollar quest to develop more deadly—and more precise—biological agents.

Britain’s program, centered around the research at the UK’s secretive Porton Down bioweapon laboratory, included the work of researchers like [Vladimir Pasechnik](#), a microbiologist who had worked on the Soviet germ warfare program weaponizing anthrax and other biological agents before defecting to Britain in 1989. He was hired by the UK government to conduct his own research into anthrax

antidotes at Porton Down and died just weeks after the anthrax attacks took place.

[Dr. David Kelly](#), who debriefed Pasechnik after his defection and offered him the job at Porton Down, had told a friend that he was going to write a book exposing what he knew about the bioweapons program—but instead ended up dead on Harrowdown Hill under [extremely suspicious circumstances](#).

The Soviets also had an extensive biological weapons research program. The fruits of that program included the novichok agent that has been blamed for high-profile assassination attempts in recent years, including the [poisoning of Sergei and Yulia Skripal](#) who were “randomly” discovered by the Chief Nursing Officer of the British Army just ten miles from the Porton Down bioweapons lab.

It [was even reported](#) by *The Sunday Times* over two decades ago that Israel—which is not a signatory to the Biological Weapons Convention—has worked on “developing a biological weapon that would harm Arabs while leaving Jews unaffected.” The Israel Institute for Biological Research where this research was conducted is a [continuation of HEMED BEIT](#), a biowarfare unit in the Israel Defense Force whose founders believed that “if microbiology could help in providing the means to establish the Jewish State, so be it.” The institute made headlines earlier this year for its “[groundbreaking research](#)” identifying coronavirus antibodies and its subsequent [quest to develop an Israeli COVID-19 vaccine](#).

But beyond the secret biological weapons programs, there has been a publicly acknowledged and funded program to weaponize viruses and pathogens that has been ongoing for years. And once again, the threat of bioterrorism has been invoked as a reason for funding this admittedly dangerous research to create the perfect bioweapon.

ANTHONY FAUCI: Bioterror is—there’s always the potential of bioterror. And we have a major bio defense research and development effort that spans agencies from the NIH to do the

basic research to be able to develop better vaccines, how you counter engineered microbes, how you approach drug resistance, engineered microbes. The CDC has surveillance mechanisms to determine if there's new microbes or anything out there in society particularly toxic that could be used in a bioterror situation, the Department of Homeland Security, the Department of Defense—we do all of that.

SOURCE: [Anthony Fauci on Bioterrorism](#)

This work, referred to as gain-of-function research, involves weaponizing biological agents so that scientists can develop vaccines or other defenses against them. Of course, gain-of-function research is, in its key aspects, identical to an offensive biological weapons program, but is simply framed as a defensive and preventative measure.

The work of the researchers in this field has not been without controversy.

In 1995 researchers dug up a victim of the 1918 Spanish flu from the Alaskan permafrost in order to [“resurrect” the virus](#) using genetic sequencing.

In 2015, researchers at the Wuhan Institute of Virology participated in experiments weaponizing [bat-derived coronavirus](#) that even other molecular biologists [warned](#) were presenting the world with a “clear and present danger.” The research even [received funding from USAID](#), which was [illegal at the time](#), as the US had suspended funding for gain-of-function research in 2014.

Time and again, those looking at the history of biowarfare are confronted by a key fact: those who have dedicated their lives to weaponizing pathogens and dreaming up bioterror scenarios aren't the shadowy terrorist biologists in their cave fortress compound, but the government-funded researchers at both secret and public biolabs around the world.

We have entered an age where the threat of a bioterror attack is very real. The only questions facing the public now are: Who are the real bioterrorists? And can we rely on government agencies, their appointed health authorities, and the corporate media to accurately identify those terrorists in the wake of the next spectacular terror attack?

Conclusion

Two decades ago, the idea of a false flag attack was incomprehensible to the general public. “Why would the government attack itself?” was the oft-heard question of those who could not imagine such duplicity being used to fool a nation into war. But this is not the world of 2001. It is 2020, and by now nearly everyone is familiar with false flag operations. What was once an obscure tactic deployed by military and intelligence agencies in the shadowy world of spies and soldiers is now openly discussed and debated in the [mainstream news](#).

Make no mistake: this is a major step. An important tool of control, used to pull the wool over the eyes of the public for centuries, had gone from a laughable fringe “conspiracy theory” to an openly acknowledged (and vigorously denied) conspiracy reality within the space of two decades. But have we really learnt the lessons of history about false flag terrorism? Do we even really know what that term means? And would we recognize it if that trick were employed again in a different context?

They say [forewarned is forearmed](#). Nowhere is that adage more aptly applied than in the realm of false flag terrorism. The entire reason that these deception operations have been used by country after country for centuries is that they are so effective. But they are only effective because throughout those centuries the general public was unable to wrap their minds around a trick so devious and downright evil. Now we have to completely break the spell that governments have cast over

the public. In the event of any spectacular terror attack (biological or otherwise), we have to take the history of false flag operations into account and put the government at the top of the list of suspects. When enough of the population has adjusted their thinking in this way, the trick will have lost its effectiveness and those seeking to direct society through fear will have to abandon it altogether. This is a monumental task, but it is not to be taken lightly. Given the infrastructure for full-scale medical martial law that has been carefully laid over the past two decades, and given the lockdowns, forced vaccinations, enforced unemployment, and digital dollars tied to social credit scores that have been promised by those seeking to put us through the Great Reset, the future of humanity may depend on our response to the next bioterror attack. The only question is: Can we wake up enough of the public to these tricks before the *real* bioterrorists launch their next false flag operation?

Matrix-Culture

George Orwell & Aldous Huxley: 1984 or A Brave New World? Let's imagine a globalized world. A planet that is thoroughly controlled and programmed in such a way that its human population is conditioned to believe that they are living in a paradise. The global state is actively pursuing propaganda, public relation is the current term, where the citizen so programmed, conditioned and formed is that they freely accept their enslavement!

A world of disinformation and lies. The reality of today is amazingly moving towards exactly in that direction these two authors have written about during the times the world was at war. Huxley was a professor at the university Eaton and Orwell was one of his students. Those two authors Huxley and Orwell were two completely different types of personality – Huxley loved material wealth, but criticized the elites and Orwell was a nature and human loving individual and therefore naturally criticized the elite. Everything was opposite to each other, their life styles and their visions.


In the mid-20th century it was already clear in which direction the global civilization would go. It was obvious that people loved to consume senseless and meaningless stuff. The elites were convinced that Darwin's Theory of the fittest means eugenic actions by killing off the weak, sick and stupid individuals out of the population. The **alpha** males were needed to be on the top of the hierarchy and the **epsilons** were rightfully be put on the bottom. It is that type of Super-Ego-Self that looks upon those people as animals and the term **monkey** is used! The epsilons were meant to be slaves and all education they received was aimed to condition them to that outcome. The alphas on the other hand were conditioned to believe that they are privileged, the chosen ones!

George Orwell has lived in that pool of monkeys, he knew of the suffering that poor people have to endure, because he was

one of them. He had, unlike to Huxley, not the pleasure of luxury, but he managed to escape to a small, remote island and there he wrote his most famous book by the age of 44; he had tuberculosis and knew he would not have a long time to finish his book.

In the book 1984 there was a world that was divided by three power-blocs. Humanity at large was living in a catastrophe, a world full of deprivation and being controlled by a form of *Big Brother watching you*. The world has lost all feelings of love and empathy, fear ruled! Orwell believed love was the only way to save humanity and resistance had a new face.

At the same time period Huxley looked in his book at a society that was enslaved, but was kept happy, there was a pill available that everyone could get and became automatically happy. We have today the view of making designer-babies it is obvious that it is Huxley's vision that is implemented right now by the media, by our educational system, by the economic system and the political system is implementing it in actual practiced reality – giving the epsilons the illusion that politics serves them and only uses the tax income from the alphas. It is a fact that Orwell did not have it easy to publish his book at the beginning and it was a surprise to him as he realized that his book became a success; Winston Churchill said he even read the book twice. During World War II Orwell was a soldier and got injured during the war, he was disappointed about the ideology of the communists, he found out how they have betrayed the average worker, when he lived in Spain it was time to go back to London. But there he noticed how British politics were manipulating the public in the same way. Orwell feared the elite that did not give us true information and Huxley feared the elite because he thought the overwhelm us with so much information that the masses think that they have no other choice as being passive and egotistical and fearful of their next-door neighbor. Orwell feared that the facts are purposely hidden from us and Huxley feared that the system wants to make us believe that facts are not important, hard to understand and truth difficult to sort out of this overwhelming flood of information.



Here I will remind the reader we are talking about simulations and an army of people doing seemingly bullshit jobs, their only purpose was and is to keep the population in a state of mental sleep, preventing all forms that could lead to a mass awakening! The tactic is to give the illusion the government gives security and to confuse the population in such a way that they will doubt their own instincts about politics and business. That is the aim of politics and media!

Orwell had believed in the brotherhood of man, just like all communists, socialists and anarchists since the 19th century, and it is understandable how disappointed Orwell must have been in Spain watching this type of ideology being crushed and then coming to London and realizing how the elites have used cunning instruments of indoctrination to make that happen!

Orwell knew that Huxley is living in his intellectual ivory-tower and couldn't possibly understand what is going on, Huxley never answered his letters until he received a copy of his book 1984 in California where he lived since 1937. Then he wrote him back with the following words:

Already in the next coming generation the people will realize that the conditioning of their children and the brainwashing propaganda are far more powerful, as being oppressed by a system that beats them and throws them in a prison. To obtain more power is possible by suggestion, by manipulation, the masses can be put in a position where they love their masters, instead of beating them to obedience and love towards their master. In other words, I believe that the nightmare you expressed in 1984 will not happen, but rather what I foresee in my book.

It was not possible for the two to find a common ground of consensus. It was just a year later 1950, that George Orwell died in the age of 46 years young.

Aldous Huxley was amused about the American people he could not understand how they would enslave them for stuff, take credit loans for even more stuff. In his essay *The doors of perception*, Huxley described his experiences by taking psychedelics and turns into a Guru, a visionary thinker of the upcoming Hippy-Generation. In the year 1963 Huxley died of cancer and took LSD while he was on his death-bed! So, 70 years later we can ask ourselves who of those two authors described the current situation better, Huxley or Orwell? Perhaps it is a mixture of both; China represents

Orwell's book in a good way. It is a system of thought, speech and action-control, in enforcing obedience by using their digital-point-system of reward or punishment, pleasure or pain – we see how nature is being included in that system. The same system the Roman Empire already used: bread and games for the Masses.

Huxley's vision is here in the Western World, we believe we are free, we think we are free, when in reality we are not. We generally believe we can make our own life to our liking, working bullshit-jobs, having bullshit-relationships with each other, basically all of us are superficially bullshit-happy

by living a bullshit-life.

This is something that will shake anybody: our cultural beliefs and convictions are a mental simulation; it is a proto-matrix. Any ideology is a mental simulation, most of the time far from being factual and truthful. What we have been taught is most likely a lie, propaganda and or a deception. I would like to really give you details on so many stories of history that turn out to be lies from the governments, religious institutions, transnational corporations, intelligence agencies and other secret societies.

[For a more awakening look into the Centers of Power I strongly suggest you watch a four hour documentary about them on Bit Chute or Youtube.](#) ⁸

That empires fall is recorded throughout history, but the ancient power structure of Egyptian cultism has not vanished in the year 2020. There is another power coming up rapidly and it is China. If the old ancient elites from Europe will be able to enslave China one more time as they have done is at this time not predictable. In China we see that science is on the forefront in technology: fission power plants for free energy, artificial weather control, quantum computers and artificial intelligence. In China we see that the global economy is

setting the standard, also on social control structures for their citizens.

The Chinese will have no interests in supporting or sharing world power, neither with Wall Street, Silicon Valley, Vatican or the European kingdoms.

The world is much crazier than the craziest
among us suspect, says
Terence McKenna.

The same is true for the cosmos; perhaps for cultural evolution it is an acceleration of complexity. About 10,000 years ago, with the fall of Rome, this process accelerated faster, faster, faster. At the beginning of the 20th century, cultural evolution went faster, faster, faster. Now, does no one draw the obvious conclusion? If we go faster and faster and faster and faster and faster - then we will soon achieve something. We can hardly move faster without affecting the rest of the planet's ecosystem. If we look at the cosmos, then this complexity is also faster because it produces biology and the mind. You see, physics and chemistry are very stable, nature needs this stability, our sun is a very long-lived star compared to other stars, normally an average star explodes after 500 million years - too fast for biology to produce a brain and mind. Man has made almost 30 new chemical components from the different chemistry, which is more than nature has made in comparison.

This is what nature used on this planet about 700 million years ago to create bacteria, squid, fish, reptiles, etc. molecules gave rise to life, life gave rise to complex ecosystems, ecosystems gave rise to higher animals, higher animal species gave rise to humans, humans became technically motivated humans ... and we cannot even imagine that.

This is the natural evolution, in addition there is the cultural evolution, hunters and gatherers became kings and priests, kings and priests became politicians and globalists. We can only imagine what will come next: a world full of machines & cyborgs ...? We must admit that we are more than just monkey meat! I think it is the Meme Spirits that drive both kinds of evolution, they drive all evolution, it is probably the data that makes up the natural and cultural laws of the cosmos. How can an organism of a completely different order turn into a

completely new organism, like the caterpillar that dissolves and becomes a butterfly, imagine that, it cannot be explained by a blind creator called evolution - it seems like **a plan without a plan.**

All metaphors we can hear from the top of the so-called experts, globalists and billionaires are fake! Because the people at the top don't know what's going on, they have to pay people just to turn on their machines; they are so deeply immersed in morbid emotions - it brings tears to my eyes... And that also applies to the gurus and priests. I don't want to know how many have experienced transcendence through magic mushrooms. They are nice people, don't get me wrong. But not smarter than you and me. That's just it. Haven't you noticed that nobody is smarter than you. And if they are, you won't be able to understand what they say anyway, so why bother! There's no point in looking for someone smarter than you. Even if you should really find someone who is smarter than you, you will not understand what the hell they are saying!

Take yourself, your life and your purpose seriously!

More cultural change is taking place in our life time, at a rate it has never happened before in no other time epoch in human history. The internet is the beginning of a nervous-system, it has the capacity to bring small groups of like-minded individuals together, therefor accelerating cultural change. The same goes for the scientific community and many others - find the others...!

Could it be that we are not inventing anything, is this ultimately what the high-tech society brings to the shamanic equation? We are not what we thought we were. The monkey flesh is penetrated, by something, dare I say it: divine. It seems that something is happening to this planet the real possibility of a partnership with an artificial intelligence. This raises the real option of producing an entirely new species. The human-

machine symbiont. For at least 500.000 years we are marching through this biological virtual reality of our own creation for the entire duration of what is called human history.

Is there a political implication to all of this? We all must try to understand what is happening. In my humble opinion ideology is only going to get in your way again. Nobody understands what is happening; no Buddhists, not Christians, not government scientists, bankers or politicians – no one understands what is happening!

So, forget ideologies, they betray, they limit, they lead astray. Just deal with the raw data.

My professor once told me: “I will teach you to recognize the truth and I will teach you to ask the right questions. What’s so great about that...?”

So now you get the “truth” - what’s so great about it? What will this do in your mind, very likely nothing at all that you can take as an artifact back home to your tribe.

So, trust yourself, nobody is smarter than you are! And what if they are, what good is their understanding doing you?

Inform yourself. What does inform yourself mean? It means:

- *Transcend*
- *Mistrust ideology*
- *Go for direct experience*

Everything else is unconfirmable rumors, useless, probably lies or propaganda. Liberate yourself from the illusion of culture, take responsibility for what you think and what you do. The other implication is that change raises anxiety in people, they get scared, they can sense that everything familiar is getting away, but they don’t want to embrace the unimaginable.

These people need to be reassured by example and by hearing optimistic and reasonable rhetoric about the future. The media is selling the future like a major fire in your home, only makes

the same future impossible, we stay stagnant. We need a responsible approach, and it means taking personal responsibility for your ideas, for the meme that you push into society. Meme just like images can heal you, but they can also make you sick as a collective mind. And we are constantly bombarded with images and meme which disempower, divide, confuse and make you crazy ...basically! The reason why in any society that has looked at psychedelics as social and political dynamite. And it is because the dissolve cultural assumptions. The scales fall from people's eyes and they say: does this make sense, does my job make sense, does my relationship make sense to my significant other, to my children, my parents? Do these relationships make sense to my government to my environment? Do these relationships make sense?

And of course, the answer for most people in high-tech societies is **NO!**

We have been compromised, we have been indoctrinated, deluded and sold a massive pile of Bullshit. The way out then is personal responsibility, no operating systems downloaded from outside of culture, which means from the deeper wisdom of the Memegeist, with a Free Will. And then with a commitment to your community this is what James Corbett from Corbett Report.com is rightfully stressing. And a motto of:

To the future, without fear, without
fear!

THE HOLISTIC SELF ASSESSMENT

Written By Derrick Broze Edited by Carey Wedler Cover Design
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www.THECONSCIOUSRESISTANCE.COM

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Each chapter is designed to help the reader answer a specific question that can assist them in their assessment. The questions are as follows:

1. Who am I?
2. What are my principles?
3. What are my goals?
4. What are my habits? Are they aligned with my principles and goals? Where are my words inconsistent with my actions?
5. How can I think holistically about my goals?
6. Are my relationships in line with my principles and goals?
7. What are the roots of my inconsistencies and my fears?
8. What exercises/practices/rituals will help me release these fears and inconsistencies?
9. What steps will I take to integrate these exercises and this knowledge?
10. How can I share my takeaways from this assessment with others and hold myself accountable?

Foreword

Have you ever struggled with discovering your purpose in life? Have you ever wondered where you are going? Have you asked tough questions like “*Who am I*”? Have you tried to augment your life with clear-cut goals, principles, tasks, and guidelines in order to make life’s voyage a journey of healing, love, compassion, and kindness? If not, this humble yet impactful volume, written by my friend and colleague Derrick Broze, will provide you with ample instruction and insight to allow you to achieve your full potential as a conscious human being. It may even help you reach what psychologists have called your self-

actualized potential, allowing you to live a more enriched and purposeful life.

I realize some people may shy away from books that seem to stink of “guru’s knowledge” or amount to nothing more than cleverly concealed snake oil. However, I have had the luxury and pleasure of spending personal time with Derrick. He is an authentic and beautiful soul with plenty of worldly knowledge and experience to share. He has lived a challenging life, which has included spending time locked in a jailhouse for possession of crystal methamphetamine. I have also undergone a similar ordeal, having been arrested for possessing MDMA and cocaine. This is important because I can empathize with Derrick’s need to reach out to people and connect with them for the purpose of helping them to heal. Indeed, myriad important life lessons are gleaned from these types of experiences.

I am not saying this grants Derrick some profound or esoteric knowledge that none of us possess, but his background and experiences definitely harbor fertile ground for the growth of wisdom. In this sense, Derrick’s prescription for self-healing within *The Holistic Self-Assessment* might be something we all need to pay attention to if we are attempting to better ourselves and the world. After I read the book for the first time, I was shocked by its clarity, usability, and succinct nature. I even had a couple of epiphanies about my own life prior to even conducting the actual self-assessment.

The resources and information Derrick provides on self-healing are also top-notch. He draws from well-known psychologists, such as Abraham Maslow, and prominent figures in the communication space, such as Marshall Rosenberg. Derrick has taken great care to make sure his book contains all the current facts interspersed with the right amount of guidance. I believe this book can help anyone learn to look at themselves more objectively and consider where they want to be in life from a holistic perspective. I don’t think anything quite this personal and intimate has been done in the same way before, especially from such a non-judgmental perspective.

I particularly enjoyed the chapter about “Getting to the Root.” In this section, Derrick adroitly tackles the issue of childrearing and the crux of our traumas and problems of living. He channels attachment theory and mentions how early traumas can cause problems in life that may damage our ability to live holistically. Derrick then asks us to contemplate our pasts in order to discover some truth. These insights can catalyze our ability to heal and continue building strong bonds with the people we have chosen to spend our lives with. Powerful stuff.

The Holistic Self-Assessment” is the perfect practical use case of Derrick’s holistic philosophy, as well as a legitimate workbook for activists who are striving to make the world a better place. I especially recommend it for activists because they don’t always seem to be functioning from a place of true happiness and centeredness. After reading through this workbook and following its instruction to examine the self, any activist or wayward soul will be able to come to terms with who they are and build the courage necessary to help heal the whole world.

I know I will be using it often.

-Sterlin Lujan

5

Introduction

Thank you for choosing to take this journey toward self-healing. I appreciate every person who finds this work and considers employing the practices contained within it. The goal of The Holistic Self-Assessment is to serve as a guide that allows individuals to examine their own lives and identify inconsistencies between their thoughts, words, and actions.

The term holistic is related to the theory known as Holism. Holism is a philosophy concerned with wholes or with complete systems. When examining whole systems rather than the individual pieces of a particular problem, you are likely to

come away with a completely different perspective, and thus, a different solution than you would likely find when studying the individual components. We will explore this concept later in the book.

For now, let's just say this particular self-assessment is not about simply changing your diet to organic or adding yoga or meditation to your routine. While I absolutely recommend doing those things, I also believe the answer lies in taking the holistic approach by looking at your entire life and seeking to understand how you relate to the world. What is the relationship between your actions and your family, the political class, the environment, and the culture you live in? Are these relationships and actions aligned with your principles and goals? That is what we aim to find out.

In my experience, I have found that many well-meaning individuals consistently struggle with achieving their goals or living up to what they view as their highest potential. I believe this is because the human species is in need of deep emotional healing. Humanity's history is filled with violence, war, enslavement, rampant environmental destruction, and more recently, the re-emergence of the threat of nuclear war. Not to mention, there are individuals who seek to use the instruments of government and corporate power to enrich themselves.

This has led to the creation of a species whose members exist in various states of recovery from the trauma of the human condition. It is an often overwhelming reality, but it does us no good to deny or ignore it. We can work to change this reality by changing ourselves. Many people also deal with personal trauma from environmental factors experienced throughout childhood. In this state of trauma, it is unsurprising that we are easily manipulated and controlled by external forces, and it is important that we work to reclaim our hearts and minds.

This trauma leads some down the path of self-medication through drugs, inflicting self-harm, and other destructive behaviors. I personally know full well the results of succumbing to unhealthy habits. In November 2005, I was arrested for

possession of a controlled substance after being caught with crystal methamphetamine. I was one week away from turning 21 and had been sober off meth for one month after spending the previous ten months racing to rock bottom. Long story short, I had been using various drugs off and on for about 3 years in an effort to escape my depression and self-esteem issues. I spent most of my youth abusing my body with drugs and inflicting self-harm through cutting, as well as destroying relationships with people I loved.

It took me getting locked up for 18 months to figure out that I wanted to live a different life. I discovered meditation while incarcerated and began to understand the power of self-reflection and healing. I journaled every day for six months and found I was starting to understand the root of my pain and the choices I made while lost on my emotional rollercoaster. The book you are reading is a representation of the steps I took myself through during that period. It is a representation of the process I continue to explore as I work to become the best version of myself that I can be.

One of the major reasons we struggle with our self-worth is that we often set goals that seem appealing enough, but upon closer examination, come to realize they do not actually represent our deepest desires. We are influenced by our parents, friends, the media, and a myriad of other external forces. It can be difficult to recognize whether your life choices and personal habits are a result of your own choosing or one of these external sources.

Either way, this problem illustrates the need for maintaining an open and positive relationship and conversation with ourselves. By developing this dialogue, we can identify our own doubts, fears, and insecurities and work to understand and overcome them. Through this process, I believe we can each work towards actualizing what we see as the highest version of ourselves.

This book is designed to help you in the process of self-actualization, a term that has various meanings in the field of

psychology. Abraham Maslow's hierarchy of needs theory asserted that once an individual's basic needs are met, the person can reach their full potential via self-actualization. I define self-actualization as the process of aligning one's external image — the image we portray to others (especially via social media) — and the internal image of ourselves we see in our own mind.

I do not know if human beings are capable of ever actually achieving self-actualization and existing as “perfectly aligned” individuals, but then again, the entire premise is based on subjective standards. Each of us has a different vision of what an ideal life looks like. We each have a different version of “perfection” or happiness. We can benefit from working towards developing as deep a connection to our own hearts and minds as possible. That is where our journey will begin.

Each chapter is designed to answer a question. The answer to these questions will arise through your participation in the readings and exercises. As you answer the questions, you will hopefully start to understand more about how you view yourself and why you make the choices you do. You will also uncover opportunities to make improved choices that are more in line with your values and your goals.

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The first chapter starts out with a simple question that is often difficult to answer: Who am I? After getting to know more about your personal view of yourself, you will ask what it means to have principles and what principles currently guide you individually and as human beings. Next, you will look at your goals and habits and ask what it means to live holistically. You will then be given an opportunity to examine all of your current relationships to see if they are in line with your previously stated principles and goals. From there, you will look at the root causes of your inconsistencies and ask what keeps you from achieving your unique goals. Finally, the guidebook offers several exercises to assist you in implementing beneficial changes that will help you live out

your vision of your best self. You will also have an opportunity to develop an action plan for moving forward and keeping track of your progress.

This process asks you to open up your heart and mind, set aside any self-doubt or anxiety — or at least be compassionately conscious of it — and consider participating in the assessment one step closer to aligning your internal vision of yourself with the self you present to the world. This guidebook only functions if the reader is an active participant. You will only get back what you put in, so if you choose to hold back some of your deep truths and not be completely honest with yourself, do not expect to experience healing in those areas.

Also, do not expect the unhealthy behaviors that can likely be traced back to these unexplored emotional spheres to magically go away. It took me three trips to state prisons before I finally made the necessary life changes for my next stage of growth. I understood the changes before that point, and I could recite the solutions without hesitation, but it took a bit longer before I was ready to be completely honest with myself and begin the process of healing.

When you answer the questions, take your time. Take in each word, reflect on the meaning, and spend a few minutes meditating on the answer. The more specific and detailed your answers, the deeper your understanding will be.

Remember: This book is meant for you. It is your choice whether you share your findings with anyone, but I believe it will be more beneficial if you are honest and vulnerable when working through the steps. This guidebook is here whenever you need it and as many times as you need it. If the first time you work through it you are not ready to be completely vulnerable, give yourself some time to reflect and come back when you feel more open.

Thank you so much for embarking on this journey towards healing, empowerment, and self-actualization. Together we are

contributing towards the emotional, psychological, and spiritual evolution of our species.

8

Becoming Self Aware

Question: Who am I?

Take a moment to reflect on these three words: *who*, *am*, and *I*. The word “who” in this sense is an interrogative word, meaning it’s designed to answer a question. The word “am” is the present tense first person version of “be” and implies that an object has an objective existence (“I think, therefore I am”). Finally, “I” can be used as a pronoun to describe an individual. In this sense, “I” is defined as “the person who is speaking or writing.” Taken together as a question, these words compel us to understand who and what we are interested in being and doing while on this planet. To come to an honest understanding of ourselves and what we are capable of, we ought to examine our personal view of ourselves. First, we should briefly look at the concept of the self.

The dictionary definition of “self” is “the entire person of an individual” or “an individual's typical character or behavior.” It is also defined as “the union of elements (such as body, emotions, thoughts, and sensations) that constitute the individuality and identity of a person.”

Carl Rogers, an American psychologist and one of the founders of the humanistic school of psychology, believed the self was composed of three different components: self-image, self-esteem or self-worth, and the ideal self. These three

components are important to consider when attempting to answer the question “Who am I?” What is your image of yourself as defined above? How much do you value your life? Do you value what you offer to the world? What is your vision of your ideal self?

Rogers believed Maslow’s hierarchy of needs was correct minus one vital omission: the need for an open and loving environment. Rogers said that without an environment that provides openness, acceptance, and empathy, healthy relationships and personalities will be impaired. Rogers actually cultivated this mentality in his own counseling approach, which he referred to as “client-centered therapy”(in a way, this book attempts to embody the spirit of Rogers’ idea by being “reader-focused”). Lastly, Rogers believed it was possible for all people to achieve their goals should these conditions be met. This will be important to consider later in the guidebook as we examine our relationships.

Following in the footsteps of Rogers, sociologist Manford H. Kuhn helped developed the Twenty Statements Test as a standardized way to measure one’s self-concept or identity. Self-concept has been explained as the sum total of any being’s knowledge of his or her self. In 1960, Kuhn published “Self-Attitudes by Age, Sex, and Professional Training,” a study that used the Twenty Statement Test to research the self-concepts of a wide range of individuals. Kuhn asked people to answer the question “Who am I?” in twenty different ways. According to Kuhn’s research, responses to this question can be narrowed down to five categories: social roles and classifications; ideological beliefs; interests; ambitions; and self-evaluations. The study found that the responses varied according to the age and sex of the participant.

These responses indicated that as individuals, we often answer the question “Who am I?” by referring to external aspects of ourselves. Sometimes people think of themselves in regard to their relationships with those around them or their profession, including mother, father, friend, journalist, teacher, etc. Other outward elements of their identities can include their

education, their past actions, or perhaps, the amount of money they have or do not have. These are examples of external attributes of who we are, but they do not address the root of who we are as powerful beings, both physical and spiritual.

Other times, individuals answer the question by describing personality traits. They say they are caring, compassionate, hilarious, or impatient. But, again, these words are only describing aspects of the self, not the whole image.

Quite simply, you are not your job, you are not your relationship, you are not your physical or mental traits. You are something more, something beyond these categories yet composed of each of them. This does not mean it's wrong for you to answer these questions by describing your profession or your family or your finances. You should absolutely be honest when answering the question. If the first response to the question is to describe how wonderful your sense of style is, write it! However, it is important to recognize that these traits are only a small piece of who you are as a beautiful, free human full of potential. The more honest you are, the more you will learn about yourself — and the greater your opportunity for growth.

We ought to consider the possibility that the people we present to the world in our daily lives are not complete representations of our personalities. We might also consider the possibility that there are facets of our personalities we have censored from our own conscious minds. This chapter is about uncovering those hidden aspects of our character. Sociologist Erving Goffman believed that when an individual meets other people they attempt to control or guide the perception others develop of them by controlling or altering their setting, appearance, and manner. Goffman believed every one of us engages in practices to avoid being embarrassed or embarrassing others.

Goffman expanded upon his theories in his 1956 book entitled *The Presentation of Self in Everyday Life*. He described social interaction as a theatrical performance where the performers (individuals) are on stage in front of the audience (the public). While on stage, individuals emphasize their best attributes. Behind the curtain, backstage, they prepare for their role. To perfect the role, individuals carefully select their dress and look. From this perspective, every one of us has a public persona and a more private, backstage self. There is nothing wrong or immoral about this. Each of us reserves the right to reveal ourselves at will. However, we can also take the time to become self-aware by understanding our true self, our motivations, aspirations, fears, and insecurities. To do so, we begin by attempting to understand who we are as individuals.

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Look at your thoughts, your words, your choices, your actions, and your character. How do you feel about the person you present to the world? How about the person backstage? Are these two people closely aligned or is there a gap between the two personalities? When these two worlds are in tune, you are living your truth. The person you view yourself as on the inside reflects the person you share with the world. This does not mean we cannot keep certain aspects of our personality to ourselves or a select few people. However, once you are comfortable with who you are, both on stage and backstage, there will be less conflict within your heart and mind as you experience the freedom of being your true self.

Exercise: Take a few days to reflect on the person you share with the world and the person you are when no one else is around. Keep a log of your personal thoughts and experiences when you're alone, as well as a log of the conversations and experiences you have with the outside world. Reflect on the question "*Who Am I?*" What attributes and characteristics do you associate with yourself? Are these positive or negative?

Write down all the different attributes that come to mind, both physical and emotional, and take note of how you view yourself. For example, are you kind, caring, supportive, anxious, doubtful, and/or quick to anger?

Consider the emotions and actions that you associate with your ideal self. Describe these qualities that you work to embody.

Think about your relationships. How do you treat other people? How does your behavior toward them make you feel?

This may take time to work through so be patient with yourself. Consider specifically the way you communicate with others. Think about times when people have told you how you make them feel. No matter what they shared — whether it's flattering toward you or not — take the time to honestly assess their perspective. Ask yourself how much truth there is in these words. Take time to note how it makes you feel to view yourself through others eyes. Understanding how you view yourself is one of the most important exercises. Be honest and patient when attempting to answer these questions.

Principles

Question: What are my principles?

A principle is a law, doctrine, assumption, or concept that guides an individual's behavior. Sometimes people refer to this as a moral compass or a guide. A person who adheres to their principles is generally thought to have a strong sense of ethics. Of course, if the principles do not spring forth from an ethical foundation, the actions that follow will also not be ethical. From the moment we are born, adults begin filling our heads with ideas of what they believe is right and wrong. Generally, most children are told that actions like lying, stealing, and hitting violate morality. Whether or not the adults live up to their own standards is another conversation altogether, but

these simple rules typically establish a foundation upon which children build their principles. As children we are often taught the “golden rule,” the principle of treating others as we would like to be treated. This principle has been stated time and time again in nearly every religion, as well as in psychology, sociology, and economics. It is a simple concept – the notion that it is wrong/immoral/unethical to treat other people in ways you yourself would not appreciate.

Despite the prominence of this foundational principle, we live in a world where many people do, indeed, behave toward others in ways they would not want others behaving toward themselves. If the majority of the world has been exposed to this concept via religion, politics, culture, and economics, why is that we still see violence, aggression, and deception in the world? What causes individuals to treat others with a lack of respect and compassion?

I believe the problem lies, at least in part, with a lack of education. Children are sent to school to learn about math, history, science, and sometimes philosophy. But for the most part, children are not exposed to the concept of principled action. There are no tests or quizzes asking their young minds to reflect on what type of person they wish to be and the best ways to achieve these goals. Instead, the focus is on how to pump out as many graduates as possible who can regurgitate facts and follow their peers into the corporate workplace. Perhaps this is a vision of happiness for some, but definitely not for all.

How much different would our society be if children were encouraged to understand what a principle is and to develop their own set of moral guidelines? Moreover, how would our world look if we were each raised not only to know and understand our principles but also to stay true to them? Imagine the difference it would make if the celebrities and role models of our world were not movie or internet stars but people known for having a strong ethical foundation and moral compass. This is why our journey is pausing to reflect on the meaning of principles and to ask, “*What are my principles?*”

Personally, I have found the golden rule to be a great place to start establishing principles. We can do this by examining our actions and asking whether or not they align with this foundational guideline. Are you currently being dishonest with anyone in your life? Are you stealing from them? Are you treating anyone in a way you would not accept or appreciate?

If the answer to any of these questions is yes, write down those situations and the specific behaviors. Spend a few minutes explaining why you would not want to be treated in such a way. Also, take a few moments to put yourself in the other person's shoes and consider how they might feel after being mistreated. Finally, it is of vital importance to take note of how you treat yourself. Do you show compassion and respect towards yourself? Do your life choices reflect this compassion and respect?

In addition to the golden rule, I also adhere to the principle of self-ownership. This means I acknowledge that every human being is a free, beautiful, powerful, and capable person. I do not believe we need other people to tell us how to live, dress, think, eat, or love. I want the opportunity to live my life as I please, and I grant this same opportunity to every person I encounter. When taken in tandem with the golden rule, the principle of self-ownership guides us to allow each individual to live the life of their choosing as long as they are not violating the golden rule. If someone is living their own life as they see fit and not robbing, inflicting pain, or generally aggressing upon another free person (i.e., following the golden rule), then the principle of self-ownership compels me to leave them in peace. This is an example of my thought process as I reflect on my actions and the actions of others while keeping my principles in mind.

The final principle I want to share is sometimes known as the 7th Generation Principle. The sentiment can be found throughout indigenous cultures and teachings around the world but is most often associated with the Iroquois or Haudenosaunee people of the North American continent. The Constitution of the Iroquois Nations calls on tribal members to “consider the impact on the seventh generation” in every deliberation and action they take. The constitution, sometimes known as the Great Binding Law or the Great Law of Peace, states:

"In all of your deliberations in the Confederate Council, in your efforts at law making, in all your official acts, self-interest shall be cast into oblivion. Cast not over your shoulder behind you the warnings of the nephews and nieces should they chide you for any error or wrong you may do, but return to the way of the Great Law which is just and right. Look and listen for the welfare of the whole people and have always in view not only the past and present but also the coming generations, even those whose faces are yet beneath the surface of the ground – the unborn of the future Nation."

At the heart of it, this principle asks us to consider the impact of our thoughts, words, and actions on the Earth, people, and the world at large, as well as consider the ways our actions will affect the coming seven generations. When incorporating the 7th Generation Principle into your daily habits, this simple but profound concept can greatly alter the way you live your life and the choices you make. As the principle becomes a habitual part of your thought process, you may end up altering your diet, your relationships, your goals, and your entire life as you consider the effects of every choice you make.

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Exercise: Take a moment to reflect on the effect of living a life with these three principles as the guiding force. Write your thoughts in the space below.

How would your life be different if you followed the golden rule? In what ways are you not currently living in line with the golden rule?

What would happen if you recognized self-ownership for yourself and others? Do you believe that all people deserve the right to live their lives as they see fit so long as they are not harming anyone else?

How could your choices be different if you incorporated the Seventh Generation Principle into your life? Are there any choices you are currently making that do not take future generations into consideration? What are they and how can you change them?

I believe these three principles could radically alter our world if every single living person adopted them in a sincere fashion. They have been extremely valuable to me in my personal growth and journey, which is why I share them with you. However, there may be other principles that matter to you. Take a moment to reflect on the definition of a principle and ask yourself what other ones guide you. Upon reflection, you may find you were subconsciously being guided by principles that do not align with your truth. The goal, then, is to become conscious of the principles we have inherited that guide us and develop an understanding of them. If they do not serve who we are as people (or who we are working to be), then it is likely time to reconsider and/or abandon them.

Take the time answer the questions in this chapter and use the space below to write down the principles that currently guide you and any changes you think you may need to make to start living the life of your dreams.

Question: What are my goals? How will I achieve them?

The aim of the first two chapters was to help you establish a foundational understanding of who you are as an individual and to understand the principles that guide your daily actions. As you spend time working and reworking those two steps, it will become easier for you to identify your goals and how you plan to achieve them. A goal is the desired result of an individual's efforts. This could be an object you want to possess or an experience you want to have. Every single day, each of us sets and accomplishes goals for ourselves. We may not consciously think of the goals we want to achieve or write down a list of them, but we are accomplishing tasks nonetheless. These can range from the mundane (running errands) to the extraordinary (accomplishing long-term goals through your own efforts such as saving to purchase a home) and include both the personal and the professional.

Whichever areas of your life you are focused on and whatever goals you may have, it is helpful to take the time to clearly identify what experiences you want to bring into your life. This means taking the time to be specific about your needs, aspirations, and dreams. Take the time to identify them and understand which parts of your life they pertain to. I have personally found it helpful to start by breaking down my life and goals into simple categories such as "home," "work/professional," "family," "health," etc. You might want to get even more specific if you are a particularly ambitious person with many goals. Perhaps you have goals related to your professional job as well as your weekend hobby. You might have health goals related to both diet and exercise. The goal of this chapter is to be as specific as possible.

While breaking down your goals into categories, think of the big picture, and at the same time, think in the short-term. **How will your life unfold over the coming months and years? How can you concentrate on following through with your stated goals? How can your daily actions help you realize your long-term goals?** These are

questions to consider as you examine your life and your purpose. Once the categories have been established, focus on how to achieve the goals over the next month, six months, one year, and if it's a long-term goal, five years. **Write down concrete steps you can take in the first month in order to get the ball rolling. For the six-month, one-year, and five-year points in time, envision where you want to be at those points and any steps you need to take in that timeframe.** Here is an example of how you can make your goal chart:

Goals	1 month	6 months	1 year	5 years

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I also find it extremely helpful to make daily to-do lists, which helps me stay fixated on what I want to accomplish on a daily basis. They also keep me mindful of my long-term goals. For example, when I make my daily to-do lists, I look at each category in my goals to see if it is possible for me to take at least one step forward. This guarantees that I am constantly progressing and not remaining static. This simple daily step can go a long way toward making dreams become realistic goals that are within reach.

Exercise: Use the space below to break down your goals into different categories. Once you have identified the areas of focus, create a goal chart and map out concrete steps you can take immediately and in the coming months and years.

Habits

Questions: What are my habits? Are they aligned with my principles and goals? Where am I inconsistent with my words and actions?

Now that you have an understanding of yourself, your guiding principles, and your goals, you can begin to examine your own daily behaviors and look for anything that does not align with your vision of our true self. With this chapter, you will begin to identify areas of inconsistency in our personal habits. A habit is a settled or regular tendency or practice, especially one that is hard to give up. Habits can be positive, and they can also lead to negative outcomes. Habits can come in the form of your vices (drug use/abuse, gambling, compulsive sexual behaviors), your diet, your work schedule, or your reactive emotional responses to various external stimuli. When a habit becomes ingrained into your subconscious, you will naturally perform the act without much thought. After a time, the practice seems so instinctual that it is often referred to as a person's second-nature.

If you have developed a second-nature that is made up of unhealthy personal, spiritual, and physical habits, it's likely you are unhealthy in your personal life, spirit, and physical body. This is because your life is the result of billions of small choices you make throughout your time on this planet. From the moment you wake up to the moment you close your eyes and drift into your dream world, you are constantly making choices that affect the direction of your life. The little things do, in fact, matter, and you can greatly alter your path by zeroing in on your daily habits and practices. By putting intentional thought into what you do from morning to night and asking yourself whether or not your habits are in line with who you want to be, you are taking a powerful step toward becoming the best version of yourself.

As you look at your habits, refer back to your principles. **Do your habits align with the golden rule or the principle of self-ownership? Do you think your regular practices will empower or endanger the coming seven generations?**

Are your habits in line with the other guiding principles in your life? Another important practice in the self-

assessment process is comparing your goals with your habits. **Are your current habits compatible with your short-term and long-term goals?**

For example, let's say under your goals, you noted that you want to learn to speak a foreign language. You wrote down some practical steps you can take in the first month and planned out goals for the next year. It's possible that as you start to look at your habits, you might realize that although you really do want to learn a new language, you have not taken any concrete steps to do so. Instead, you see that your habits include spending free time (which could be used for learning a language) scrolling social media and sleeping. If these habits continue, it is clear you will not achieve your goal, or at least not as quickly as you might like to.

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Let's take a look at a couple more examples. If your goal is to lose ten pounds before the summer but your habits involve eating pizza every day and a serious lack of physical activity, you are unlikely to achieve your goal.

Let's further imagine your goals involve emotional growth, perhaps changing a destructive emotional habit. Maybe you struggle with negative self-talk, and you wrote that you would like to see yourself free of limiting, doubting thoughts and language. You listed concrete goals for one month and six months. You are extremely successful at developing a more compassionate and loving dialogue with yourself over the first couple of months. However, after you pass the six-month mark, you no longer have regular goals and check-ins with yourself to ensure that you continue to treat yourself with love and respect. After a couple months pass, you completely forget about your original intentions. You realize you are back in the habit of communicating with yourself in an unhealthy manner. These unhealthy habits will find ways to reassert themselves (possibly as other unhealthy behaviors) until you take the time

to identify the underlying issues that lead to these negative habits. We will explore this further in Chapter 7.

I don't mean to imply that you need to use to-do lists and goal charts for the rest of your life, but it's worth considering some method of identifying and organizing your hopes and aspirations. By writing out your principles, goals, and habits — pieces that make up the individual “you” — you are able to get it out of your busy mind and down on paper in front of you. This will allow you the opportunity to process each individual piece of information.

Exercise: The goal for this chapter is to spend a few days reflecting on your daily habits and rituals. Keep a log of what you do throughout each day. If you recognize an activity or behavior as essential to your daily well-being, write it down. In addition, take time to write down activities or behaviors that you recognize as out of alignment with your goals. Once again, you might like to separate your habits into different categories. Observe your habits in the workplace and at home. Maybe you want to study the habitual behaviors you engage in while around family. Think about the time you wake up, what you eat, where you shop, who you spend your time with, how you talk to yourself (your inner dialogue), and how you communicate with other people. Think of the principles you value. Are your habits in line with those ideals? Be honest with yourself when you answer whether or not these practices align with your principles and goals. In order to become the best version of ourselves, we must be willing to face our shadow — our darkest self — including unhealthy habits that we may have grown accustomed to. If you are not ready to directly examine your current flaws, you can always try reading this chapter again when you feel more ready.

The Holistic View

Question: How can I think holistically about my goals?

As we noted in the first chapter, the goal of the Holistic Self-Assessment is to help you identify inconsistencies between

your thoughts, words, and actions. If Holism asks us to examine whole systems rather than the individual pieces, what does it mean for us to take a holistic view of our lives and goals? When applying the holistic perspective to our lives, a helpful goal can be to go from simply identifying the problems we see to understanding how our individual actions and habits are contributing to them. It is a fairly simple task to point fingers at external actions unfolding around us. A more rewarding perspective is gained by examining our own individual actions. By holding ourselves accountable and asking, “*How am I contributing to X?*” we can make strides in aligning our thoughts and words with our actions.

Applying the Holistic perspective also means we dig even deeper into our lives to see if we are living in line with our principles and goals. In the last chapter, we focused on identifying and altering habits that are not conducive to being the best version of yourself. Now, we will work on identifying inconsistencies in specific areas of our lives that relate to the world at large. For my own assessment, I have concentrated on three areas — economy, food/health, and relationships — but you may find you want to add other categories that relate to your personal development.

The first category I examine in my personal life is my economy, specifically how I make my money and where I spend it. In order to stay true to my principles and values, I have had to reconsider the types of businesses and individuals I support with my hard-earned money. I also don’t want to support myself by making money in ways that are inconsistent with my belief in the golden rule, self-ownership, and the 7th Generation Principle. The same goes for food. For me, this category is about the type of food I eat, the source of that food, and the impact of my diet on my health and the health of the planet. Applying the Holistic perspective to our relationships means taking a deeper look at the quality and type of relationships we allow into our lives. The next chapter will look at our relationships specifically, but for now, take time to look at your life through a holistic lens.

Exercise: The last chapter examined personal habits in different areas of our lives. For this exercise, we are thinking about different areas of our lives that relate to the world at large.

Start with your personal economy, food, and relationships. Think of other areas that are important to you and consider whether or not these parts of your life are consistent with your vision of your best self. For example, you might want to include business and determine whether or not the people you do business with and the type of business you engage in is in line with your principles. Write down your habits related to these categories and spend a few minutes on each, reflecting on any changes you can make to live more in line with your principles and goals. If you identify inconsistencies, write down an explanation of why you think the action or behavior is out of step with your principles. Spend time doing this for every area of your life until you are satisfied that you have identified all the unfavorable actions.

Relationships

Question: Are my relationships in line with principles and goals?

We will now move to one of the most important aspects of the self-assessment. Each of the previous chapters has focused on self-image and individual principles, goals, and habits. This chapter is about looking to your relationships for unhealthy habits and tendencies that will not help you grow into the highest version of yourself. Think of your most immediate relationships with those you see on a daily basis. These could include your significant other, your family, or your co-workers. Think about other people you have relationships with but do not necessarily interact with on a regular basis. These could be associates you see in your social circle, at work or school, or people you interact with via the internet.

What is the nature of these relationships? Do you feel like your voice and presence are heard and acknowledged? Are you able to effectively communicate your needs within these relationships? When you think of these connections, what type of emotions come to mind? Are these the types of people who encourage you, empower you, and elevate you in ways that help you move closer to realizing your dreams? Or are they the type of people who create doubt, fear, and insecurity? I am not implying that you should run from every uncomfortable experience you have involving other people, but you might want to consider whether a relationship is going to help you to reach your full potential so you can accomplish your goals. If you are spending your precious extra time, energy, money, and/or money on a relationship that directly contradicts your personal goals, it might be time to slow down and consider other possibilities.

I have mentioned that I believe many people fail to achieve their dreams because they set unrealistic goals based on aspirations that are not their own. This happens when we believe we will be happy once we attain the lifestyle we see in movies, television, and celebrity social media feeds or by trying to live up to family expectations. Our goals are often based on false realities and misrepresentations of a joyful life. We cannot rely on other people to define what happiness looks like in our own unique life.

Additionally, when it comes to relationships, I believe some of the biggest stumbling blocks on the road to fruitful connection relate to communication. Individuals often fail to identify and communicate their feelings and needs, or there is an abundance of miscommunication between parties. If we are not able to properly communicate and listen to others, we are not capable of communicating our need for relationships in line with our principles and values. Once communication breaks down, there is little hope in expressing our desires for healthy relationships and habits. Quite simply, if we cannot effectively communicate with other people, we will have

difficulty achieving our goals and working towards self-actualization, let alone developing relationships with these qualities.

Since, in general, we are not isolated individuals living off the grid in complete separation from society, we regularly interact with other human beings. We are interconnected and interdependent on each other no matter how much of an individual we may be. We do not need to give up our individuality to recognize this interdependence, but it is useful to understand the value of healthy dialogue with other people. By attempting to improve our communication and listening abilities, we are able to continue our own personal growth, as well as contribute to the growth of those around us.

One of the most effective tools for developing healthy communication and resolving conflicts is known as Nonviolent Communication. The technique was promoted by activist and psychologist Marshall Rosenberg. The premise of NVC is simple: Instead of arguing about who is right or wrong and who must win or lose, people should strive to have win-win interactions by focusing on ensuring that the needs of each person are met. The goal is to find solutions to problems by addressing the unmet needs of everyone in the equation. From a holistic perspective, the way we communicate with each other is equally important for making changes in our personal habits and principles. It is extremely difficult to have a rational discussion when both parties feel their concerns are not being heard. Such a battle of insecurities is not likely to lead to a better understanding of one another. Implementing NVC techniques can help individuals become mindful of their own hearts and minds and take time to empathize with those they disagree with. This lays the foundation for a healthy discussion and sense of acceptance among our peers.

The goal of these exercises is to reevaluate your current relationships in the context of your principles, goals, and desire to live in alignment with your highest truth. If what you truly value is to live the life of your dreams, you will probably want to surround yourself with people who also want the

highest good for you, whether they understand your desires or not. Relationships and communication can be powerful motivators for accomplishing goals. They can also be a source of stagnation, doubt, and fear. It's up to each of us as free, powerful, beautiful beings to take responsibility for the relationships we allow into our lives.

Exercise: Take time to think about all of your relationships. What behaviors or character traits are you unwilling to accept from a relationship? In the space below, write down the name of every person in your immediate circle and those of importance whom you see less frequently. Describe each relationship. First, think about the practical details: How long you have known them? How did you meet? How are you connected to them?

Next, think about the type of communication that exists in these relationships. Does compassion play a role in your conversations? Do you feel like this person is open to listening to your needs and requests? Are you listening to other people's needs and requests? How do others respond when you attempt to communicate your own needs? Do they make an effort to hear your needs and requests?

Now begin to connect to yourself on an emotional level. How do you currently feel about this person? How have your feelings changed since you met them? If you have ever had any arguments or fallouts with this person, consider the details of the situation. When was the last time you thought of the incident? Was the situation resolved in a way that satisfied both of you? Are you still holding on to any emotional pain related to the situation?

Do you think this relationship is in line with your previously stated principles and goals? Why? Is it possible to continue this relationship while also living a life of principle and pursuing your goals? For example, if you feel strongly about the environment and work to drastically reduce the amount of waste you produce, will you be able to maintain an honest and loving relationship with an individual who does not care about

reducing waste? What changes need to be made if the relationship is to continue? In our example, would it be possible for the two people involved to communicate in an open, honest, and respectful way to ensure they hear each other's needs and requests? The answers to these questions depend on the amount of time each individual has dedicated to speaking and listening with compassion and respect.

Getting to the Root

Question: What is the root of my inconsistency and my fears?

Up to this point, we have spent our time examining our principles, goals, habits, and relationships in search of inconsistencies and destructive or limiting behaviors. The goal of this chapter is to begin the process of understanding the root causes of our fears, doubts, and insecurities, which often prevent us from reaching our fullest potential. Studying our principles and habits allows us to see where we can improve our daily lives while evaluating our relationships can help us identify and seek partnerships that will lead to more enjoyable human experience. However, if we do not pause to examine the deeper reasons we allow unhealthy behaviors and relationships into our lives, we risk treating the symptoms rather than getting at the root of our inconsistencies.

As mentioned in the last chapter, the quality of the relationships we maintain directly affects our ability to thrive as beautiful, powerful people. This is especially true for our relationships with our initial caregivers but also the relationships we establish as adults. The psychological model known as Attachment Theory describes the facets of both long-term and short-term relationships between human beings. Modern attachment theory was founded by psychologist John Bowlby and expanded upon by Mary Ainsworth. The theory

posits that humans thrive when their bonds with other humans are strong. If we encourage loving, harmonious relationships, we are supporting the effort to create more secure and balanced adults. These efforts could see society restructure itself around principles and values that actually empower and uplift individuals through social healing.

Further, Attachment Theory addresses how we as individuals respond when we are hurt by or separated from our loved ones. As infants, if we are shown positive and motivational behavior by our caregivers, we become attached to them. We seek to be close to them because we believe we will be provided with emotional support and security. The theory was eventually applied to adult relationships in the 1980s when psychologists Cindy Hazan and Phillip Shaver noticed the similarities between adult interactions and those between children and caregivers. In the same way that children feel more secure around a caregiver with whom they have developed a bond, adults also desire to be close to their romantic partners and close friends. Adults feel a sense of comfort and joy when those they have formed attachments with are present. Reciprocally, you may feel anxious or lonely when your attachments are absent. These attachments allow each of us to handle the surprises, challenges, and occasional chaos life presents.

By examining our closest personal relationships — those with our parents, family, and loved ones — we provide ourselves the opportunity to identify and heal our deepest traumas. We can live our lives shifting blame for our actions to other people and external factors, but at the end of the day, it is on us to take responsibility for our emotions and actions.

Exercise: Refer back to your notes from our chapter on relationships. Look at the relationships you wrote down and any conflicts you may have noted. Especially note your relationships with your caregivers. Spend a few more minutes elaborating upon your earliest memories and feelings associated with these relationships. Remember to write in as

much detail as possible. The more open and honest you are, the more likely it is that you will be able to see past any facades or blockages your unconscious self may have created to protect you from deeper pain. It can be a scary thought to imagine facing your issues and trauma head-on. This exercise should be seen as the first step in a long journey towards healing the roots of your negative self-talk, limitations, and insecurities. I encourage you to make an effort to explore the parts of your mind that might have been previously off limits to you. At your own pace, take time to begin uncovering and exploring any areas that are particularly painful or uncomfortable. The healing process can be intimidating, but on the other side, there is empowerment and growth.

A second exercise you can try involves remembering a time in your life when these relationships or attachment felt strained, damaged, or lacking a sense of security. Take a few moments to meditate on this event and really get in touch with the feelings you had at that time. When you are working through these often uncomfortable memories, it can be difficult to identify what exactly you were feeling. This is normal, and there is nothing wrong with having difficulties clearly identifying complex emotions that have not been previously explored.

Take yourself back to the situation and do not simply remember it, relive it. Experience it again as if it was happening for the first time and notice what you feel in your body and where you feel it. Take a few more minutes to figure out what you might have needed at the time. Once you have identified your need, see if you can give that to yourself in the present moment. For example, I spent several years chasing love and attention in various relationships throughout my teens and early twenties. It was not until I finally slowed down and recognized what I felt I had been lacking and what I was reaching for the whole time. I felt a lack of security and an anxious fear of abandonment. In this case, I would write that I felt insecure, anxious, afraid, and alone. I would acknowledge that the emotions I felt were a direct response to my experience. I would also express my need to show myself

compassion, love, and understanding. Remember, it is perfectly normal if you struggle to put your feelings into words. Allow yourself to write down whatever adjectives that come to mind — empty, lonely, bored, frustrated, scared, determined, etc.

Exercises for Healing

Question: What exercises/practices/rituals will help me release these fears and inconsistencies?

This assessment is meant to be worked through and then revisited as necessary. My advice is to regularly refer back to the first four chapters throughout your assessment. This will help keep the questions fresh in your mind and allow you to check in with yourself as you shed old habits. This chapter will provide a few exercises that may be beneficial for your healing process. Once again, the more honest and open you are to these simple strategies, the more likely you are to experience healing. I am going to share a few exercises for you to practice as you find them necessary. I suggest trying out each of them at least once and then focusing on the exercise that works best for you.

Journaling/ Self-reflection

The first and most simple of these exercises simply involves journaling. I mentioned before that I spent 18 months behind bars. I do not think I would have become the person I am today had I not spent the first six months (and many other days) of that experience writing down my thoughts and concerns. I started by taking an assessment of my current situation. *I am in prison and I am not going home for at least 11 months. Nobody can get me out of here, and I have no chance for escape.* Once I accepted my situation, I was able to begin asking myself: *How did I get here?* I spent a good amount of time working to answer that question and retracing my steps back to where I made a couple of wrong turns. I started to look

at the root causes of my drug use and self-abuse. Every day I would write down my thoughts, wherever they went. Over time, I could clearly see how I made it to that point, and I also started to uncover some of the *why*. Interestingly, I also noticed my handwriting started to become clear and precise as my thought process started to slow down. As I became more mindful, my thoughts seemed sharper and clearer than ever. For this exercise, you will want to have a specific notebook for writing down your daily thoughts. Do not use this book for your daily to-do lists. Having a dedicated space to write will limit distractions, and every time you pick up this journal, your mind will know it's a safe space to be honest and real with yourself.

Meditation

As long as human beings have been conscious, they have come to nature for quiet contemplation and reflection. This is the essence of nearly all forms of meditation. Meditation is simply any act or practice that brings you to a place of contemplation or reflection. The consistent application of bringing one's attention to the present moment is key to any form of meditation. This means that nearly any experience can be meditative. A bike ride, a walk under the stars, writing poetry, or any practice that offers individual quiet time and presence within your own heart and mind can be considered a form of meditation.

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Over time, various teachers organized their specific meditation practices into cohesive styles and philosophies, each with their own instructions and insights. These various schools of meditation taught different methods for remaining in the present moment, some involving the counting of breaths, contemplative thought, or repeating sacred words and sounds known as mantras.

There are also different types of meditation positions. Some schools practice sitting cross-legged ("lotus" or "half lotus"),

walking, or lying down meditation. You also may have noticed that certain traditions feature symbolic hand gestures and positions during their meditations. These are known as mudras and are found in Hindu and Buddhist practices.

People choose to meditate for different reasons. Many people would say that meditation can be a religious or spiritual experience, while others find it to be a helpful relaxation and anger management tool. I would like to offer a few methods that I have found helpful for creating stillness in the mind. From this stillness comes clarity.

As you meditate, remember to write down your experiences and thoughts in your journal.

First, think of a time when you can meditate on a daily or weekly basis. The more consistent you are with meditation, the more mindful you will become in your everyday life. Once you have worked out your schedule, decide if you would like to try a sitting meditation or lying down. Finally, for those who say they cannot meditate, be patient! You can't expect to go from bombarding yourself with stimuli and distractions to a perfectly balanced state of mind overnight. Keep at it, and you will be able to start pushing past the static.

Clearing the Mind Meditation

In order to begin diving deep into your mind, it is helpful to start by decluttering your thoughts. Begin by sitting cross-legged with a straight, firm back. Position your shoulders above your hips and place your hands (palms facing up or down) open on top of your knees or anywhere else they feel comfortable. Either keep your eyes open and stare softly about four or five feet in front of you or close your eyes. Take slow, deep breaths, drawing your attention toward them. As you breathe deeply in through your nose, count "one." Exhale and repeat to yourself "one." Inhale and exhale while counting

“two.” Continue this process for as long as you can. You will likely find yourself lost in thought within a couple of numbers. This is perfectly normal and not a reason to be discouraged. Your mind wants to think, to fill the quiet, dull spaces with chatter. That’s its job. When you realize you’ve stopped counting and started thinking about your dinner, your next blog post, or something stressful in your life, take a deep breath and start over. Think of these thoughts like passing clouds; acknowledge them, give thanks for them, and then return your attention to counting. In a five-minute session, you might not make it past five counts, but that’s not the goal. You are not attempting to suffocate or ignore your thoughts, but simply to focus on being present and noticing when they dominate your consciousness. The goal is to simply “be” in that moment without stress or concern. However, if a situation or person continues to appear in your meditations, it may be a sign that you need to find clarity around that relationship.

Finding Clarity Meditation

For this meditation, the goal is to focus on one of the situations or relationships you wrote about in our earlier exercises. You can set yourself up exactly the same as you are when practicing clearing your mind. The difference here is that instead of clearing the mind, you will relax and think of a specific situation or person that needs your attention. Sit and take a deep breath as you focus. If you are looking for answers, take the time to imagine the ideal outcome and consider the

situation from the perspective of everyone involved. Taking time for reflection during uncertain times helps one develop a predisposition for mindfulness over impulsiveness.

Expressing Gratitude Meditation

For this meditation, you will bring your awareness and attention to things you are grateful for. Find a quiet place to sit. Take a few deep breaths, breathing in through your nose and out through your mouth. With every breath think of one thing you are thankful for — an experience you have had, the food you have in your home, the people you choose to share your life with, your pets, the places you have visited, the planet itself and all the abundance available to our species, or anything else that brings you joy. For each thing you consider, silently say to yourself “I am grateful for...” As you take each breath and contemplate what you are thankful for, you might feel your body filling up with warmth and your heart opening. Take as much time to do this as you need, and when you are done, take another few moments to give thanks for yourself. Specifically, show appreciation for your body and all that you are capable of doing because of your physical form. Take time to acknowledge each and every part of your physical being. Give thanks for the fact that you are alive. Take a moment to give thanks for this life itself and for your ability to constantly create the life that you choose.

Yoga

Although yoga is mostly known to Westerners for yogic postures, or asanas, the original intention was a system of healing that involved exploring deep states of mind to protect one from external distraction and transcend past the physical form through self-realization. Patañjali, the author of the yoga sutras, first recorded the sutras and principles as a guide for those seeking enlightenment and a path towards true liberation. Through meditative practice, physical movement, and control of breath, or prana (life force), one can work toward internal peace. Of course, yoga is not only about developing physical and spiritual awareness and empowerment. The

practice has been shown to be helpful for a wide variety of illnesses, including Post-traumatic Stress Disorder or PTSD. In a study entitled “Breathing-Based Meditation Decreases Posttraumatic Stress Disorder Symptoms in U.S. Military Veterans,” University of Wisconsin-Madison researchers found that a practice known as Sudarshan Kriya Yoga can help those with PTSD better manage their symptoms. The idea is that intentional breathing affects the autonomic nervous system, so a consistent breathing practice, as found in yoga, can help manage symptoms of PTSD such as hyperarousal. I highly recommend researching the wide variety of yoga schools available and developing a regular practice with the type(s) of yoga you would like to explore. Not every style of yoga requires physical exertion; practices like restorative and yin yoga, for example, focus on relaxing the body and facilitating rest and deep healing. By integrating the asanas and yogic philosophy into your life, you can further develop a healthy state of mind and body. In addition, yoga can help you develop self-awareness and alleviate emotional stress that has become stored in your body, which will contribute to your understanding of the principle of self-ownership.

Healing Through Art

Art therapy is a form of creative expression that is sometimes used in the field of psychotherapy. The idea is that when individuals concentrate their energy and attention on drawing, painting, coloring, or otherwise being creative, they are able to express their emotions in a new way. The resulting creation is a representation of their mental and/or emotional states. The goal is not to create something perfect or necessarily appealing to others, but rather, to allow yourself to enjoy the journey towards creative self-expression.

Mandala Art Therapy

Mandala is the Sanskrit word for circle and is used as a spiritual and ritualistic symbol in Hindu and Buddhist traditions. Psychoanalyst Carl Jung is largely credited with introducing the concept to the Western world. Jung believed creating mandalas was helpful in understanding a person's present inner situation. Jung himself also created circular mandala-like drawings every morning. "Only gradually did I discover what the mandala really is: ... the Self, the wholeness of the personality, which if all goes well is harmonious," Jung wrote in his book *Memories, Dreams, Reflections*.

Joan Kellogg is also notable for spending her life developing an effective art therapy model. Kellogg picked up where Jung left off by devoting much of her life to developing a system of understanding how individuals are able to express their deepest emotions through mandala art. Kellogg believed that individuals are attracted to certain shapes and designs found in mandalas based on their current spiritual, emotional, and physical conditions. Kellogg also created a deck of cards, each imprinted with different mandalas representing different character traits, relationships, aspirations, and the unconscious. Kellogg's work has been developed into an assessment known as the Mandala Assessment Research Instrument. In it, individuals are asked to select a card they like from the deck of mandala cards. They are also asked to select a color from a deck of colored cards. Finally, they are asked to draw that mandala with any color they choose. At the end of the assessment, the artist is asked to write down their interpretation of the experiences they felt in response to drawing the mandala.

I would like to invite you to draw your own mandala. If you are not artistically inclined, it can be overwhelming, so consider finding a mandala coloring book or finding a mandala on the internet that calls to you and printing it out. Write down the feelings and thoughts the mandala evokes. Choose one color at a time to color the mandala, taking notes on why each color calls to you. For example, red or black might invoke feelings of heaviness or darkness. Perhaps this is something you want to

express in your mandala. A shade of yellow might feel light and open to you and give you a sense of calm and empowerment. I always try to associate colors with nature — with something connected to the Earth — so when I feel drawn to a certain color I ask myself what the color relates to in nature, and I find a way to connect to it. Take your time connecting with the colors you choose and see what information you can gather. This practice is simply another form of meditation. It allows you to reflect on your current place in life and where your path is headed. It can also be a time to lose yourself in the creative process for a few moments and stop worrying about all the details of your daily life. When you finish drawing or coloring a mandala, write down how you feel. Is there a sense of accomplishment? Did any forgotten or suppressed emotions or situations come to mind? Remember, mandala art therapy is just as much about enjoying yourself as it is about reflection, so have fun being creative!

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Vision Boards

A vision board is simply a piece of paper, poster board, or any other surface where you choose to write words, draw images, or glue pictures that represent your desired goals. It can also be used as a tool to meditate on what you would like to see in your life and to remind yourself of the steps you must take to achieve those goals. Hopefully, by this point, you have some idea of what your ideal life looks like. Use the vision board as a way to put your hopes, dreams, and ambitions into a physical form that you can look at and reflect on daily. By visualizing your dreams, you can practice seeing, hearing, touching, smelling, and living the situations and experiences you are trying to manifest. This can also help you process any difficult problems you may be facing. Consider making a new vision board before or after major life changes or on a monthly basis.

Positive Affirmations

Once you are comfortable with visualizing your path and have begun diving deeper into the roots of your personal trauma, it is important to affirm the path. This is where positive affirmation comes into play. Positive affirmations are a highly effective method of programming or reprogramming your mind. We face external programming every day through the corporate media, the government, and those we communicate with. One way or another, whether by our own doing or some external force, we are programmed. The mind is much like a computer that can be loaded with a variety of programs. Many of us buy into external programming that does not empower us as individuals, but rather, teaches us to doubt our potential and capabilities. We can free ourselves by taking steps to deprogram ourselves from this destructive thinking. With daily affirmations, we can create a positive, compassionate view of ourselves and of the world around us. By using affirming statements, such as “I am...,” we allow our minds to let go of negative habits and begin to rewire the pathways our thoughts take.

It's important to remember that these affirmations are most valuable when used in combination with the exercises focused on getting to the root of your trauma. You may find that you are capable of repeating the affirmations and putting your whole being into speaking them into reality but that you struggle with implementing necessary changes to create the reality. The exercises in all the chapters are not meant to be done once and then forgotten. The assessment will have the most impact if each step is continuously worked and reworked as you dive deeper into your heart and mind.

See if the following affirmations on letting go and forgiveness resonate with you. Start by taking a deep inhale and exhale. As you repeat the words below out loud, make sure to take a moment to really take in the meaning of the words. What you put into this experience is what you will receive in return. With both of these affirmations, you might find it helpful to write down your thoughts first. Use a separate piece of paper from the rest of your assessment (you will be burning this one).

After you have repeated the affirmation and anything else you feel the need to say, literally light your thoughts on fire. As the flames eat away the paper and turn your thoughts to ash, visualize any lingering pain or burden being lifted off your shoulders and disintegrating with the fire. All of that stress and heaviness is returning to the earth. Let it go and move forward.

Letting Go of the Past

This affirmation is oriented around letting go of unhealthy attachments and regrets. I hesitate to call our actions mistakes because there are always lessons to be gained from all situations. However, we can still recognize the value of learning how our actions have consequences. These consequences affect not only us but other people, as well. While the next affirmation will focus more specifically on forgiveness, this one is about letting go. Take the time to acknowledge the past, learn the lessons, let go of the situation, and move forward in the healthiest way possible.

Today, in this moment, I choose to reflect on any and all situations that might not be contributing to my highest good. I choose to examine the conflict, external and internal, and decide whether I can rectify the situation.

I choose to come from a place of love and compassion and make a decision, I believe will be best for all involved. If there is no healthy way to resolve the situation I choose to let it go.

I choose to see the positive and the lessons gained from the experience, then let go for my health and sanity.

I give thanks for these experiences and the lessons they have provided.

I choose to be in control of my life and my experiences.

I choose to remain open to new lessons and open to letting go when necessary.

Choosing Forgiveness

This affirmation is about forgiving yourself and others who you feel have wronged you. Once again, write down your thoughts, and at the end of the affirmation, set them on fire. Release the burden of anger and the desire to be forgiven. If there is a safe and consensual opportunity to share your forgiveness with the other parties involved, you may want to do so. If that opportunity is not available, then it is up to you to find peace with the situation, whether that means self-forgiveness or forgiving another person. It is important for us to remember to forgive and love ourselves. The sooner we heal and love ourselves, the sooner we can amplify that energy out into the world.

Today, in this moment, I am filled with gratitude for my path and the lessons presented to me. I choose to see any and all hardships as temporary and as opportunities for growth. I acknowledge my past mistakes and flaws. (Say them aloud) I recognize these mistakes as opportunities for growth.

I ask for forgiveness from those I have wronged. I forgive myself for my mistakes and flaws. (Say them aloud)

In this moment I am becoming better, stronger, and more compassionate.

I understand that life is a constant learning experience. I acknowledge the ways I have been hurt by others' actions. (Say them aloud)

I am healing from these actions and forgiving those who have put me through pain. I see these bumps in the road as possibilities for better outcomes.

I remain committed to my path as a beautiful, free, independent human being. Today I choose (What do you want to manifest today?).

Action Plan

Question: What steps will I take to integrate these exercises and knowledge?

You have now completed the holistic self-assessment and worked through several exercises to help implement changes that are necessary for you to reach your goals. As previously mentioned, these steps and exercises should be reworked as often as you need. I suggest a minimum of ten days to work through the entire assessment for the first time. Once you have become familiar with the process and you begin to do the steps again, you will want to develop an action plan to ensure you consistently apply the lessons and the practices shared within this book.

To-do Lists

I want to re-emphasize the importance of to-do lists. The practice may seem silly, but I have personally found great value in being able to track my progress on a daily basis as I work toward larger goals. Remember to keep your long-term goals in mind when making daily to-do lists. Look back to the short-term and long-term goals you noted in Chapter 3 and make it your daily goal to take one step forward in as many areas of your life as possible. If you have a long-term goal to get a piece of land and grow your own food, for example, today you can add “research land prices,” or “research permaculture” to your daily to-do lists. These small steps will help you continue to move in the direction of your goal. Do not be too hard on yourself if you do not get to all of your daily goals. Focus on the most pressing matters first and then do what you can. If you do not get to a goal, move it to the next day. The to-do lists provide not only simple ways to track your progress, but also offer visual reminders of the progress you are making when you mark items off of them. If you don’t want to constantly be throwing away paper, I recommend getting a

whiteboard/dry erase board or two. These simple steps can help you more effectively achieve your goals.

Goal Charts

While the to-do lists are helpful for day-to-day accomplishments, creating goal charts can help you stay focused on the short-term and long-term goals. In Chapter 2, you separated your goals into different categories spanning different parts of your life. You identified the categories and then mapped out steps to take in the next month, six months, and so on. It is important to refer to these charts on a weekly, if not daily, basis. Make an effort to use your to-do lists and goal charts together. The goal charts and the to-do lists are your daily mechanisms for accomplishing your long-term goals.

Nonviolent Communication

The value of nonviolent communication cannot be stressed enough. When we are able to effectively communicate our feelings, the needs that arise from our feelings, and the requests we have for others to meet our needs, we create a space for authenticity to thrive. When both parties needs are being met, vulnerability and honesty can flow, and through that, healing can take place. I highly recommend picking up a copy of Marshall Rosenberg's *Nonviolent Communication* for an in-depth look at nonviolent communication strategies. For now, just know that when one member of a conversation feels their needs are not being met, there is a good chance there will be conflict. Understanding and recognizing opportunities to compassionately express your feelings, needs, and requests, as well as honor those of others, is a vital aspect of approaching your goals holistically.

Meditation

Every year there are new studies confirming the health (mental and physical) benefits of meditation, and certain cultures have known about its benefits to spiritual health for

generations. The simple reality is that when you make time for introspection and quiet time with your own mind, you allow thoughts and opportunities for new growth to flow freely. Don't forget that meditation is not only applicable when you are at the spiritual retreat or yoga studio. You can find time for introspection every single day in some way. I find bike rides to a very meditative time for me where my thoughts flow and I am able to process certain feelings that I might not have even been aware of previously. Even if you are only able to take five minutes to yourself at the end your day to sit, relax, and allow your mind to settle and see what comes up, you are likely to see a noticeable difference in your stress levels, and over time, your ability to remain balanced during any chaos that may come your way.

Sharing with Family and Friends

Finally, it is important to mention that if you find this assessment to be valuable, it will probably be worthwhile to take an opportunity to talk to your close friends and family about the experience. Share what you are comfortable with in a way that will help those closest to you see you are interested in healing. Perhaps start by asking them if they have ever stopped to ask, "Who am I?" Maybe ask them what their principles are and what goals they have. Start a conversation with the intention of hearing where they are in their journey. If you feel it is relevant or will be helpful, let them know about the progress you have been making and offer to support them in their efforts. When we help others in their healing process, we are simultaneously healing and empowering ourselves. Together, each of us will help our species move forward into a new paradigm where basic principles like the golden rule and the 7th Generation Principle will be the norm.

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Track Your Progress

Question: *How can I hold myself accountable?*

A recurring theme in this assessment is that each of us is capable of helping ourselves evolve to the next stage of our lives. It is completely within reason to believe that if you focus all your mental, physical, and spiritual energy on achieving the goals and tasks you desire — if you put these objectives before anything else — you can accomplish what you seek. This is the power of personal responsibility and accountability. This means you are solely responsible for whether or not you are capable of living the life you want. This does not mean other people will not make things difficult or that life will not throw you curveballs. However, the way you respond to these situations and to other people's actions is what determines your character and your ability to pursue your dreams in the face of adversity.

Life will never completely conform to your needs, but you can learn to navigate these waters with as much balance and concentration as possible. You can have everything you want by identifying your inconsistent actions, examining the root of your trauma, and taking steps to heal. When individual healing is coupled with real-world action in line with your principles, it is inevitable that you will advance towards your goals. I have done my best to present thought experiments, exercises, and tips that have allowed me to pursue the life of my dreams. It is a continuous learning process, and I make no claims that this short guide can solve every issue.

If you have an idea for another exercise that works well for you, write it down below. Try to think of specific ways you can hold yourself accountable. Even though you are ultimately responsible for your actions, having a group to study and discuss the assessment with can help keep each other accountable. Use the final blank pages to work through your assessment on a regular basis.

Thank you for taking the time for introspection, reflection, and taking tangible steps towards healing yourself and others.

ILLUSIONARY DIALOG BETWEEN TERENCE MCKENNA AND JIDDU KRISHNAMURTI

Thought always creates disorder, isn't it?!

My house, my wife, my child, my property, my country, my god, my belief, my sorrow, my pleasure – thought (bio-chemical and memetic algorithms).

Thought has also created the centre (the protocol, the inner voice, the ego), it holds all these activities called the ME.

Right?

Thought created the problems and thought says: I will solve these problems – which it never actually does when we look back on it. We stay trapped in our world. So, I see that thought cannot solve the problem. Thought cannot solve the problem between me and my wife. The problem between me and my wife is that I think I'm separate from her, I have an image about her ...Right? That image has been put together through thought for 20 years, or two days or 50 years. Right? And she has an image about me. Right? I dominate her, I bully her – all that. All of that are images only between her and me. (every one of us has their own dictionary on how to interpret the words, meme that we hear with our words. But even though we hear each other we don't have the same dictionary. Maybe be simple talk like turn on the music please. But not when it goes into complex topics or most of all about emotions. We have the same language and yet we all understand, interpret and react differently at any given time in our life.) So, I can never see my wife, my child, my friend completely, what they are. You understand?

Can there be freedom from image-making? (Can we free ourselves from those two algorithms that prevent that Free Will?) The image has been put together when she says to me, "You're an ass," or she bullies me, or she wants something from me, etc. All that. All those images create an image in me about her, Right? This is simple, I want to get on with it. Our relationship is always centered about images. (Yes, it is the interpretation of the mind according to its own dictionary we

have been conditioned to have). Correct the images of thought and thought tries to solve this problem and it gets worse. Is it possible to stop that, when she says, "Do this," out of irritation? Can you be free of the image you have about her? Because if you want a good relationship there must be no image between you and her. (only when we act with Free Will.). This is how you stop the image-making. The image-making is that algorithm you have been talking about. If the wife says something ugly to me, it gets registered. Or when she flatters you, it gets registered. The registration is the image-making, when you tell me a flattering thing, or insult if it is registered in the brain, then the brain through thought creates an image. Now is it possible, please listen carefully, if you are interested – is it possible not to register? When somebody compliments you or insults you - not to register.

I should not really have to explain this to you, the whole of history is in you. We all are the repository of thousands of years or way longer back in time. (we carry in us by epigenetic the history of thousands of generations, we have learned and mastered so many challenges not only from the Stone Age, but back when this mind we are talking about, when this thought was not even in existence – it was language, meme in mouth noises that turned that monkey in a modern mind). Everything is in you, if you just know how to read it. Can this image-making thing end? First, see how important it is that it should end, see the immense necessity, both socially and individually, in every way. How important it is not to judge one another: he is Russian, she is a hooker, they are junkies, and he is rich, went to university, he or she has powerful friends, etc. Not to have a single image when it goes to the relationship between individuals – only there. I wonder if you see all this.

Don't live a mechanical, repetitive and dull life, just for the sake of security! This is totally dangerous, not relatively, it is absolutely dangerous and when you see this danger than you are safe, you can than never be hurt. (no bullshit of any kind and no superficiality – a meaningful and senseful life.)

In my life it is so, I have abominated all that stuff. When you ask me how can I do it, you ask me for a mechanical process

and we lose our communication. Please don't ask me how; but look. Look at your image, become conscious of it, see what it does. You look at it from the outside, you say that is me, this is my image and the thing is over! Then the confusion is over, as long as you are confused and seek a solution, you will still be confused. (the mind can't fix its ego-self, the protocol does not allow itself to be reprogramed it must stay in charge otherwise the operating-system might crash and a reboot would not overwrite old protocols). Is it possible to clear confusion in myself? It is possible when there is - I'm taking these two examples: attachment and image-making. When there is freedom from these two, then there is clarity, absolute complete clarity. Therefore there is no choice. So, out of understanding what is disorder, comes order. But to seek order when I'm confused, as the politicians and all the people are doing will lead to further confusion.

The observer is the observed !

(We learned to say things that have never been said before, that concretized realities we now live with completely without awareness. Throughout history language and its thoughts have been allowed to evolve pretty much as an unconscious process. But I think now as we close distance with this flowing together with everything, this global concrescence, we do not have the luxury of an unconscious mental algorithm. And so, as we get rid of thermos-nuclear-weapons, disease bombs and these sorts of things, we need to get rid of poisonous linguistic processes and assumptions which hinder us to think clearly. Our politics is hindered by clear thinking as well. I am amazed how much of our communication with each other is extremely low grade. We really do largely communicate with grunts and nods, it is very rare that people draw themselves together, correlate and make cogent their thoughts and then lay it onto somebody else in such a way that the thought comes into true being. The great political task is to find and to accelerate the evolution of language; this is always been unconsciously sensed. This is why writers and poets are intuitively felt by power-groups to become somehow dangerous. They temper

with the most sacred Provence of the state, which is the pool of linguistic modalities that allow realities to be concretized. The history of language tended to emphasize certain areas and deemphasize others. In other words, in our western languages, because there is this subject, object dualism builds into syntax, we have evolved an extremely sophisticated language for the handling of objects. From quarks right up to economics, but notice how utterly impoverished our emotional vocabulary is. Anything which is amorphous and behaves like a field, rather than being clustered in a local domain we have little to say about it. And yet as intelligent organisms are rising out of a primate substratum we are just a wash in emotions. We have thousands of emotions per day and yet you know fear, hate, affections, disgust, love, affection ... we maybe use a dozen of words that we use, for these thousands of very, very finely gradated states of mind. That is where to a greater degree misunderstanding comes into play, not only on an inter-personal level, but also in politics, religions and business and neurosis, psychosis is generated. It is in the area of our emotions where we flounder so badly when communicating with each other. And even when communicating to ourselves within the confines of our own mind. We don't know how to say how we feel to ourselves or to other people. Consequently, there is a great deal of stress and strain coming out of that domain from neurotic relationships right up to explaining to the Russians or Moslems how we feel about them. Making them to understand how they feel (!) their history, their hopes and so forth and so on. So, I think the place to hope for major process in the evolution of language is in this domain of conveying our emotions to each other. If we could clean up that signal a little, we would all fall into a dance of harmony and true understanding.)

Well, first of all: It is a monkey's brain with which we think here. Nowhere is it written in capital letters that it can grasp THE TRUTH. I mean, why should it? If we believe that dolphins in the zoo or the zebra can perceive the truth, why should monkeys? When you engage in these mind-expanding techniques like psychedelics, you come to an abyss of knowledge - it's like thinking the cosmos should be

understandable, but my mind implodes under the influence of realities. What I have uncovered is not the white light of some Buddhist hypothesis, I have experienced an indescribable complexity... the world is stranger, stranger than we can all accept.

We have to accept the fact that we are a complex mind, trapped in an ancient primate who holds the heritage of the entire heritage of living organisms.

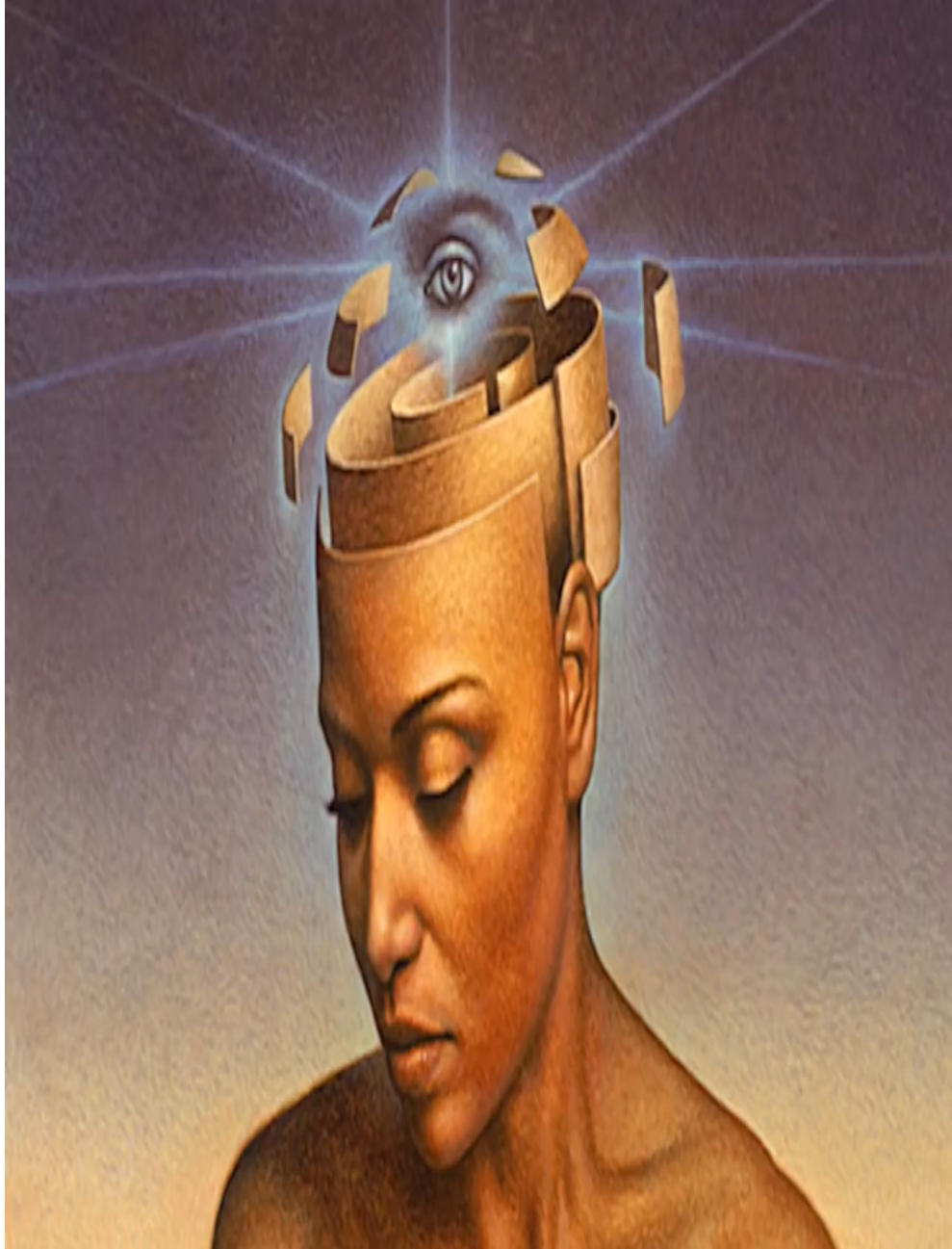
At the point of the question of whether we are insane, we no longer need to worry.

We are all insane, every single one of us!

As beings, we are incomprehensible, incomprehensible to our own past, and what do we do when the whole of society is insane, what happens to the concept of insanity?

Thank you very much for your time and courage of finishing
this book...

The end



HOMO CYBORG

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ZOOPOLITICON

We are animal and bio-computer on the way to the cyborg - a transhuman, technological symbiosis. So it is planned by the neoliberalism and the technocracy, whether this actually arrives until 2030 (WEF schedule) nobody can predict.

Man builds his mental construct from the

- ⇒ environment (nature) - *Umwelt* -
- ⇒ the co-world (culture and interaction with others) - *Mitwelt* -
- ⇒ the self-world (the interaction with our ICH) - *Eigenwelt* -
- ⇒ the I consists of at least three souls (according to Plato) and according to cognitive research of many unconscious levels - *Unterwelt* -

We are convinced that our mind is a unity and when I listen to myself I have the feeling: that is ME.

This does not correspond to the structure of the functional logic of our spirit!

The realization came already from some philosophers in the antique Greece in connection with the question what is the objective reality.

The ideological theologians Aristoteles, Luther and OSHO, so estimated by me, came to the conviction in the last 2,400 years that the human being has a Free I, but has to submit to the power centers - this can be detested!

The ideological theologians Plato, Freud, Jung and Krishnamurti, also appreciated by me, agreed that the human being does not have a Free Will and the today's cognitive research supports this realization.

But they also said that we have the possibility to become free, to strive for enlightenment, as soon as we become aware of the

unfree and potentially also malicious ME.

The lecture of Prof. Rainer Mausfeld questions the genus man as animal and man as politikon within a civilization and why we cannot live in peace with each other for more than 100.000 years.

On the basis of the Platonic analogy of the cave allegory we still find today the actuality of the human thinking of its own world and in its sociability with the fellow world and environment.

Man has an innate morality when it comes to justice and its distribution, an infant understands very well what is just, but as soon as the infant itself benefits from the injustice is perfectly fine - and here begins the problem of the people.

Another problem people have in living successfully and harmoniously in a community is increased self-assurance about their own knowledge. Less competent people, says cognitive psychology, have a tendency not to perceive the extent of their incompetence, to overestimate their own abilities, not to recognize superior abilities in others, and to have an overconfidence in their own abilities. The greater the ignorance, the greater the tendency to increased self-assurance about one's own knowledge. The less one knows, the more convinced he is that there is nothing more to know and therefore believes that he is omniscient. If this is questioned, the mind reacts aggressively.

We must know this, because we are built that way by nature.

This means the following:

- *I know that I know nothing* (Socrates) is better **than not knowing something and not knowing that there is something to know.**

The centers of power are well aware of this and study it in think-tanks etc. They exploit it; Noam Chomsky said: society does not know what is happening and it does not know that it

does not know. This is the worst situation of ignorance, the absolute powerlessness of the general population and makes a democracy that is free of power manipulation (manipulation techniques) and deep indoctrination so difficult to enforce, the power elites never voluntarily give up their tyranny - back in the animal kingdom just as little as the Egyptian, Persian, Greek, Roman, European or American empires.

- ⇒ Insight and action are dissociated from each other, I understand that smoking is not good for me and I do it anyway; because different parts of my soul are raging inside me.
- ⇒ Almost everything in us happens unconsciously and is not modifiable! We don't realize at all what is happening in us, but we have the illusion that in my soul I am the master.

Communication is the illusion that it has taken place.

The problem of communication. In the world of living beings communication usually takes place through pheromones, but man can communicate with abstract symbols and memes and this creates not only communication problems in dialogue, in understanding the other, it also creates neurotic suffering in the mind.

In ancient times, rhetoric came to be the tool of politicians as propaganda with the aim to pull the other over the table, to finish the other; it probably came from the sophist philosophy of the priesthood.

The centers of power practice it to this day: divide and rule the spirit of the other inside and the enemy outside.

The most complicated achievements of our mind like the language is just as inexplicable to us as the origin of the cosmos, the origin of life or the origin from where our thoughts come. That is why Freud was fought by the general science as much as Galileo was fought by the priest scientists and as

today the virology speaks of a virus whose origin and the causality chain to a disease cannot be justified empirically.

We cannot but believe, from a fiction to a hypothesis to a dogma - this is not only theology, but very often also in the natural sciences and humanities.

Because as soon as money and power, ambition and fame are involved, truth is sacrificed to the super ego.

If we want to have a real dialogue, this means no fighting, no devaluation of the other and no bossiness. Only arguments

and counter-arguments are given. Only arguments are inter-subjective and not emotional prejudice. Opinions are not arguments. Opinions are always superfluous and lead to unsolvable conflicts. Because what I take for granted and have internalized as my opinion is often not the opinion of the other person. We cannot go to a stranger and tell him or her how to live because that is how we live - no dialogue can be conducted that way, and certainly not a democratic dialogue in the social debate space.

The dialogue means to learn how to respect each other for a common interest, to want to understand something, to reach a goal of truth or knowledge - it must always be conducted inter-personally (inter-subjectively). Even in a debate where it comes to opposing arguments, the intersubjectivity is important, otherwise we put ourselves in an emotional battle mode and a dialogue does not take place there and unfortunately also no debate space as Mausfeld presupposes it for every discussion - be it in science, economics, theology, political science and in the public discourse of a society so that a democracy is a democracy at all.

What is the purpose of democracy?

- ⇒ To bring the needs of the individual in harmony with the community. Democracy allows the self-interests (particular interests) of each of us, in a peaceful way, to bring such completely different, incomparable perspectives and interests in harmony with each other.
- ⇒ The demands it places on the individual, when he and she live in society, to create a public debate space to have a democratic conversation so that we understand how we humans tick psychologically.
- ⇒ To avoid the bloodstains of the past that have accompanied us throughout the history of civilization. Democracy is indispensable if we want to contain power and violence, the alternative to democracy is always the law of the jungle.

What does institutional democracy mean?

For most of the time the animal man lived in small social communities, here there was a dominance hierarchy and certainly there was also an anarchy where no one forced the other to obey him. But if we may assume an explosion of the population with the time epoch of the agriculture culture, then it came to communities in such a high number that we may speak of a society and a civilization. With the emergence of city-states, nation-states and empires, there was demonstrably always a pronounced dominance of some elites who took advantage of the law of the jungle (law of the strongest) on a level that no other social being knows. This is also due to the boundless creativity and aggressiveness of the Homo ape, these two attributes have no other creature on this planet. It may have been thought before the ancient Greeks to stop these destructive power structures by the majority of the population, but it is proven in ancient Athens 2,500 years ago when this city-state was at war with Sparta.

Getting power under control was the trigger to an institutional democracy. The Athenians had a democracy like we have today, if at all, only on paper.

The laws, however, were demanded by those in power, by the power elite of the time, they were enforced because they suffered hardship, they were not handed over voluntarily.

A group of humans believes another group to humans to be able to oppress and to be allowed. The laws of this democracy were so tailored that power must be cut, power excesses prevent, because it seduces everyone and corrupts and always degenerates to the absolute tyranny, enslavement and exploitation of the own population, of strangers and the nature!

Man has an insatiable addiction to the lust for power, just as he/she has a drive to always have more. This is a drive that only Homo Sapiens has in the animal kingdom. It is quite obviously a weakness in the human nature, and it is in constant conflict with another drive: that of the freedom!

But a much more important realization was that in every single one of us there is the evil as a shadow and it is a life task to become aware of it and to cultivate the path of the good always anew and that means always also without coercion and to respect the freedom needs, self-interests of the individual!

Athenian democracy

- Social peace, prohibition of debt slavery
- Elections of the citizens to office bearers
- Transparent, short terms of office and accountability of office holders.
- Annual negative elections and 10-year banishment of officials who broke the law were allowed to return afterwards.
- Separation of powers of state apparatus and judiciary.
- At any time a new constitution possible.
- It is forgotten or not taught that democracy goes from the bottom up, this has obviously not been desired even in ancient Athens by the power elites. Democracy does not mean that the majority dominates the minority and imposes its will. The guarantee of an election is far from being a legitimization of rule.
- Democracy means the collective ability of the population in the public (debate) space to promote the welfare of society. And to reconcile the different particular interests and infinite diversity.
- Only when it becomes impossible to come to a consensus, there is the choice as Ultima Ratio.
- All power structures have to prove their right to exist and to justify themselves to the public and if they cannot do that they are illegitimate and have to be eliminated.
- Every citizen needs an appropriate share in all decisions that affect social life.

The revolutions in the USA, France and England during the Renaissance - the beheading of the nobles and kings - did not give us back these standards, we got a so-called elite democracy:

- we got a representative democracy, a legislature, which in fact means from top to bottom is governed.
- International law is suspended, see the prohibition of wars of aggression.
- Separation of powers has been eroded, the executive branch does what it wants, it has become independent.
- The economy, the lobbyism shapes the policy and enforces the law of the financially stronger, this group keeps the power until today.
- that there is no consensus in the public debate space is due to the strategy of the power elites to divide the bourgeoisie and plurality is abused for this purpose just like the public media that replaced the debate space in the 20th century. The media are run by a handful of families and determine public opinion through the manipulation of opinion.
- Above all, we have lost objectivity, that is, seeing things from a super-personal, inter-subjective point of view. At that time, this prevented corruption and aggressiveness on the one hand, and on the other hand, it promoted creativity and the acquisition of knowledge.
- That the power elite uses the knowledge of human psychology as a weapon (soft power) to avoid uprisings is much more effective and cheaper than the hard power of a firearm. The power manipulation of social media is another psychological weapon in the arsenal of a warring power elite against its own population - this will also increase in 2020 and beyond when man is a cyborg.

The world, the cosmos is a construct of ourselves.

“As we believe, so we act. As we act, so we become.”

Our view of the world shapes our experience, and also shapes the world around us through our actions and choices. What we believe to be possible defines what we are capable of creating.

When we contemplate endless time or endless space, the Big Bang or the Big Crunch – we ask essentially can the brain figure out its mind. Or like Carl Sagan said, the cosmos is using the humans to understand itself.

In any case, what we ask up there is a construct of our mind, and where our mind comes from, how it really works we don't know – therefore we don't have actual facts about those questions. We have never been out in space, just 400 kilometers straight up we have the International Space Station, the Moon hasn't seen us again over decades; everything else is not facts but Hypothesis!

We can't even put our intelligence as the measurement of the cosmos, says Neil deGrasse Tyson ... we could very well be a simulation of some alien and don't have the capacity to understand that alien, as a chimpanzee that shares 99% of our DNA could not understand when we talk to him about Free Will, Spaceship or Technocracy. The chimp can do what our human kids can do and that is the smartest chimp. So, it is a 1% difference between us and chimps, if the alien shares our genetic code also by 99% but this will make a difference that would be out of reach for our neuro synapses. There is very likely to be information out there in the cosmos, where we would not even know how to ask an intelligent question, just in the same way the chimp could not even begin to ask us an intelligent question of what we are doing!

We don't know the question to get an answer!

This leaves us with the following possibilities:

- Human knowledge is accumulative, each generation is becoming smarter, everything is possible including creating an intelligence that is greater than our own.
- We are a simulation like Sim City by another intelligent life form.
- We are just another primate and just an evolutionary accident that will vanish.

It is increasingly apparent that we are in a period of rapid change through the radical advancement of technologies of all kinds such as:

- Brain Research
- heart research
- alternative energy and propulsion systems
- global information networks
- advanced robotics
- genetic engineering
- nano-technologies
- advanced imaging and information systems
- geo-engineering
- large-scale electromagnetic manipulation of Earth's ionosphere

These are just a few of the transformative technologies that are impacting our world every day. For better or worse, we are on a fast-moving train flying headlong towards whatever outcome awaits us in this grand experiment of our times. How we consciously choose to navigate it, and upon what principles and values we make our choices, will profoundly influence the outcome for humanity and all life on Earth. It is for this reason that we begin our journey from the most comprehensive perspective possible — the worldview that is the foundation

from which our principles and values emerge. Having a clear understanding of our shared worldview and how it defines our choices and behaviors is of critical importance, for as we can see across the primary areas of human society and natural systems, we have reached a critical crisis point. Could this be the result of a worldview that has been driving our evolutionary path and leads inevitably to just these kinds of precarious conditions? And if so, what is this worldview, how did it arise, and what are the consequences if we continue to pursue our journey based upon such a worldview?

In 2018 Charles Morgan gave a lecture on digitally implanted brain-to-brain data. ⁹

The lecture was given by the Modern War Institute in West Point, one of the best military universities in the USA. In his lecture, which I will only briefly describe here, the technology is presented which already upgrades us humans into a cyborg.

Some of the abilities are among others:

- a. Several brains can network with each other - (Hive-Brains).*
- b. Human brain can network with an animal brain and control the motor functions of the individual animal and those of several animals.*
- c. Human brain can be programmed with memories that did not exist in this way.*
- d. Telepathic communication between humans - (Brain-to-Brain Communication).*
- e. Programming of cells to designer cells, these D-cells can produce drugs, even perfumes - (CRISP gene modification).*
- f. The human eye can see at night with chemical substances (infrared-vision).*
- g. The programming of stem cells that are remotely controlled from an external source, which then develop according to a predetermined plan.*

David Rockefeller the founder of the *Trilateral Commission*, participant in the **Technocracy** of the New World Order is a very important figure to use the above-mentioned scientific advances. The Council of Foreign Relation is also pushing this shift in global cultural order.

The world, the culture is a construct from our self.

Under the new world order envisioned by the proponents of the United Nations-backed “Great Reset,” humans will be merged with machines and technology. Literally. Perhaps most incredibly, the Deep State globalists behind the efforts are coming out of the closet. These days, they are openly and literally proclaiming their intention to abolish private ownership of property and even fuse microchips into people’s brains that will be able to read and manipulate individuals’ thoughts.

Just last year, the schemes peddled under the “Great Reset” banner would have been dismissed as “crazy conspiracy theories.” Today, top globalists such as World Economic Forum boss Klaus Schwab, UN chief (and socialist leader) Antonio Guterres, IMF leader Kristalina Georgieva, and others are trumpeting their agenda from the rooftops. World leaders such as far-left Canadian Prime Minister Justin Trudeau are doing it too, despite frantic efforts by the fake media to downplay the significance.

As The New American reported this summer, shortly after the “Great Reset” agenda was unveiled, there are many elements to the plot. Everything must change, from education and business to the global economy and governance, Great Reset advocates declared during the summit announcing the scheme. However, one area that has not received nearly as much attention is the plan to fuse human beings with technology under the guise of “improving” mankind.

WEF chief Schwab, the chief marketer of the Great Reset who recently released a book with that title, has proclaimed that a key element of the “reset” will be the so-called “Fourth Industrial Revolution.” And in very public statements, he has explained what this means: merging man with machines. “What the fourth industrial revolution will lead to is a fusion of our physical, digital and biological identity,”

Schwab explained in a speech to the Chicago Council on Global Affairs.

Schwab, whose accent and demeanor make him appear to be almost a caricature of some evil cartoon villain, even wrote a book on the subject in 2016 entitled *Shaping the Future of The Fourth Industrial Revolution*. In it, the globalist schemer explains how looming technological changes will allow governments to “intrude into the hitherto private space of our minds, reading our thoughts and influencing our behavior.”

“Fourth Industrial Revolution technologies will not stop at becoming part of the physical world around us — they will become part of us,” continued Schwab. “Indeed, some of us already feel that our smartphones have become an extension of ourselves. Today’s external devices — from wearable computers to virtual reality headsets — will almost certainly become implantable in our bodies and brains.”

Among those technologies are “active implantable microchips that break the skin barrier of our bodies,” Schwab explained. These “implantable devices,” Schwab continued, “will likely also help to communicate thoughts normally expressed verbally through a ‘built-in’ smartphone, and potentially unexpressed thoughts or moods by reading brain waves and other signals.”

Even more creepy, perhaps, is that Schwab suggested these technologies would be used by governments to determine who may travel and even for “pre-crime” purposes. “As capabilities in this area improve, the temptation for law enforcement agencies and courts to use techniques to determine the likelihood of criminal activity, assess guilt or even possibly retrieve memories directly from people’s brains will increase,” he explained, adding that authorities might require “a detailed brain scan to assess an individual’s security risk.”

In a post on the WEF website by Danish Parliamentarian Ida Auken, the direction and goals of all this transhumanism become more clear. “Welcome to the year 2030,” Auken writes. “I don’t own anything,” including a home, and “I have no real

privacy. No where I can go and not be registered. I know that, somewhere, everything I do, think and dream of is recorded.” But her biggest concern is those who refuse to participate.

“My biggest concern is all the people who do not live in our city,” Auken explains, noting that some stubborn individuals refused to merge with machines. “Those we lost on the way. Those who decided that it became too much, all this technology. Those who felt obsolete and useless when robots and AI took over big parts of our jobs. Those who got upset with the political system and turned against it.”

The push toward transhumanism and merging with computers is becoming especially obvious in the “education” system amid the hysteria surrounding COVID. From moving everything online and sidelining teachers to bringing in Artificial Intelligence and algorithms, the technology is getting downright creepy. Huge totalitarian firms such as Google, which brazenly discriminates against Christians and conservatives, are key players as they gather enormous amounts of sensitive data on children and blatantly manipulate the public.

The WEF (World Economic Forum in Davos), which is leading the push with help from the UN and the IMF, is a powerhouse. Every year, it brings together billionaires and even mass-murdering dictators from around the world to promote globalism and technocracy under the guise of “helping” humanity. Naturally, all of the major tech companies — Facebook, Alphabet, Microsoft, and so on — are intimately involved. Fringe billionaire totalitarians such as George Soros are key players, too.

The push for the “Great Reset” is hardly the first time the elites have peddled the trans-humanist agenda. At the 2018 “World Government Summit” in the United Arab Emirates, top globalists and “world leaders” gathered to push, among other key themes, the normalization and glorification of “cyborgs.” Indeed, the confab, which brings together top leaders of government and business, offered a prominent role

to a self-proclaimed “cyborg” named Neil Harbisson, who argued that governments must facilitate the transition to at least some people becoming “part-technology, part-human.”

“I have an antenna that is implanted inside my head, which allows me to extend my perception of reality beyond the visual spectrum,” said Harbisson, co-founder of the Cyborg Society and the Transpecies Society which fight for people who “identify” as non-human. “I can sense infrared and ultraviolet, and I also have an internet connection in my head that allows me to receive colors from other parts of the world, or connect to satellites so I can send colors from space.”

The year before that, globalists at the World Government Summit gathered under a replica of the “Arch of Baal,” a monument to the demon god of the Canaanites frequently referred to in the Bible. More than a few commentators saw it as an ominous sign.

Aside from the fusion with machines and technology, globalist elites are also pushing for genetic modification of everything — including humans. In fact, Microsoft tycoon Bill Gates has openly pushed for such schemes. In 2018, he touted gene-editing technology in Foreign Affairs, the mouthpiece of the globalist Deep State organ known as the Council on Foreign Relations. More recently, he has celebrated vaccines that literally alter the genetic code of those receiving them.

The transhumanist movement has been on the fringes, under the radar, for decades. In the late 1990s, Swedish economist Nick Bostrom of Oxford and British “philosopher” David Pearce founded the World Transhumanist Association. And more recently, in his book Homo Deus, Israeli author and historian Yuval Noah Harari has also been peddling the idea that mankind is on the verge of evolving to god-like status through technology. Ultimately, humans would be re-designed using genetic modification and technological “upgrades.”

“It is very likely, within a century or two, Homo sapiens, as we have known it for thousands of years, will disappear,” Harari said at the Carnegie Council for Ethics in International Affairs recently. “We will use technology to upgrade ourselves — or at

least some of us — into something different; something which is far more different from us than we are different from Neanderthals.” The establishment media has been breathlessly parroting his propaganda.

Of course, the advancement of transhumanism requires a destruction of Christian moral principles and a negation of the fundamental truths about humanity and reality that revealed in the Bible, analysts have observed. Indeed, many of the leading proponents of transhumanism believe their route to “eternal life” involves uploading their consciousness to a computer and merging with technology.

One of the prominent experts speaking out against it all is Dr. Miklos Lukacs de Pereny, a professor of science and technology policy at Peru’s Universidad San Martin. “The Fourth Industrial Revolution is literally, as they say, a transformative revolution, not just in terms of the tools that you will use to modify your environment, but for the first time in human history to modify human beings themselves,” he told LifeSiteNews, adding that he believed the COVID-19 hysteria was being engineered to enable the Great Reset transformation.

Even though world leaders are openly talking about it all, in response to a public backlash, far-left fake-media outlets such as the New York Times and the BBC are currently engaged in frantic “damage control.” Incredibly, they are even falsely claiming the Great Reset is a “baseless conspiracy theory.” Apparently New York Times writer Davey Alba is not familiar with the definition of the word conspiracy. He also reported on his efforts to pester Big Tech social-media firms about censoring people’s comments about it. If the comments under its videos on YouTube are any indication, the globalist Great Reset is less popular than cockroaches and head lice. However, that does not mean the Deep State will give up on trying to advance its agenda under the slogan, which fits nicely with the UN and Biden, “Build Back Better” and the schemes outlined in UN Agenda 2030. It is basically the same old “New World Order” agenda, complete with the elimination of private property, privacy, self-government, and nation-

states, now fused with transhumanism. Those who value truth, liberty, and humanity must resist.

The technocracy - Agenda 2030 - is being established simultaneously in Russia, North America, Europe, still a Chinese role model. It is obvious that there are groups fighting over the control of the new technocracy. But we also see forces that refuse the technocracy, there are enough source lists of.

⇒ *Jacque Fresco and John Podesta (bad guys) outlining the coming policies.*

⇒ *Dr. Parag Khana (bad guy) author of Technocracy in America.*

⇒ *Patrick Wood (good guy) author of Technocracy Rising and Technocracy-The Hard Road to World Order.*

⇒ *Antony Sutton (good guy) author of The Role of the Deep State and Trilateral over Washington*

⇒ *For more reports on the topic of technocracy and the deep state see:*

DarkJournalist.com ¹⁰

Priest's Caste & Politician's Caste

Big companies, big states, big monasteries, big churches, big non-governmental organizations: they are all never satisfied with the status quo and instead want to get bigger and bigger. It is in the nature of things: an organism can only survive if it grows. Or so it seems. But the personal greed of the rulers of these organisms is also growing. Thus, over time, the need for fresh money explodes. And again and again, fresh money can be brought in as quickly as possible only by generating fear. The shock experience with the collapsing Twin Towers on September 11, 2001, was followed by a gigantic inflation of armaments and the security industry. And the growth explosion of biotechnology is currently leading to the business with fear through the death of epidemics thanks to Corona.

The publicist Hermann Ploppa shows: this has always been the case. And there has always been successful resistance against these excesses.

Let's just take the story of the Augustinian monk and theology professor Doctor Martin Luther. As is well known, he nailed his 95 theses to the door of the castle church in Wittenberg on October 31, 1517. This act is said to have put an end to the excesses of the Catholic Church through the power of the better arguments. But it surely takes more than just good words to make such a corrupt apparatus give in. Because already in former times row by row of clever people had dared to doubt the claim to sole representation of the holy mother church. Only these people did not fare so well and ended up at the stake, like Jan Hus. Or they molded in dungeons. So: what was different with Martin Luther than with his unfortunate predecessors?

First of all, what was so outrageous about Luther's 95 theses? Posting theses was an academic custom at the time. A doctor who wanted to discuss something new presented his theses to the public. Then other doctores came along and said: I see it quite differently! I invite you to an argument. The monstrous thing was simply that Luther, in his 95 theses, denied the Catholic Church the right to act as mediator between believers and God.

Over the centuries, a caste of idle clerics had allowed themselves to be fed by the hard-working population. The churchmen's quid pro quo was to put in a good word with God as advocates for the laity. To what extent the souls of the deceased benefited from the clergy's intercession on this side is, by its very nature, impossible for us to judge. In any case, as a cleric, either in the monastery or in the parish, one lived quite comfortably in this way. And now this Martin Luther suddenly comes along and says: no man needs this clerical state in order to be better inscribed with God. Because God himself is smart enough to judge which human being he will give the favor of his grace to and who has to burn in hell for eternity.

And this Martin Luther, who does not avoid any verbal scuffle, is not just anyone. He is a member of the prestigious Augustinian order and, on top of that, as a professor of theology, the leading biblical commentator in Germany. One cannot ignore that so simply, if such a one then times completely unabashedly, and later also in German translation announces: we do not need you priests and Pfaffen!

The mood was already irritated anyway. For on March 31, 1515, Pope Leo the Tenth had issued his so-called Bull of Indulgence. What one must know for it: According to the Revelation of John, after his demise, man is first as dead as a stone. Only when the final battle between the heavenly hosts and the devilish forces takes place in Armageddon, after the millennial kingdom, only then will the dead person be reincarnated, equipped with weapons and armor to fight with the heavenly

hosts. After successful destruction of the satanic hosts Peter will then plow through the personal file and then say either: up with you into the paradise! Or: Down into the eternal hell! Now, however, the more powerful the Catholic Church became, a new realm between earthly life and heaven or hell had crystallized more and more: the so-called purgatory. The soul of the deceased roasts here at a medium temperature until the decision. There are only two passages in the Bible which, with a lot of good will, can be brought up as evidence for the existence of a purgatory.

But this product innovation of the fear industry now came into full use. For the Vatican in Rome was planning extensive construction investments in St. Peter's Basilica. However, it was just not getting any new loans from the upper Italian banks. And the Bishop of Mainz, Albrecht von Brandenburg, had also miscalculated and was unable to repay loans due from the Augsburg Fugger Bank.

So now the ingenious solution to the pious money problems. The faithful could shorten the period of time in purgatory by buying so-called indulgence letters from the church. A social component was also included in the business model. For those who had no money could do good works instead. That was enough in a pinch. A Mr. Tetzel roamed Germany and had already mastered the keyboard of public relations with his catchy advertising slogan: "When the coin rings in the till, the soul leaps to heaven!"

People out in the country were hell-bent on buying a letter of indulgence in time. From the Electorate of Saxony, which prohibited the indulgence trade on its territory, people flocked to neighboring countries to grab another bargain in transcendental penal relief.

But in the church itself, the sale of indulgences led to massive anger. The so-called parochial priests, who were in charge of the local parishes and urgently depended on the contributions of their flocks, received nothing from the windfall.

The money was collected by the monastic orders such as the Franciscans and especially the Dominicans. They were allowed to keep part of it. A larger part went to the Pope, to whom the friars were directly subordinate.

Professor Doctor Martin Luther belonged to the Augustinian Order. The Augustinian Order was already seething. For the Augustinians have the church father Augustine of Hippo as their namesake. And so it is no coincidence that Luther, as a theologian, now refers to the old church fathers Augustine and Paul. But both patriarchs represent a time when the bloated apparatus of the Catholic Church did not yet exist. When the parishes were still rather scattered and muddling along. At that time, the pope was merely the bishop of Rome. But the more a network of Catholicism spreads over the whole of Europe, the more the popes in Rome succeed in centering this sophisticated fabric around themselves.

Whoever has the data has the power. That was already true in the Middle Ages. German kings, on the other hand, only became emperors when the pope placed the imperial crown on them. The crown stands for the auratic charisma of the king. For the king was also believed to have spiritual powers. The touch of a sick person by the king could trigger a miraculous healing. However, this came to an end in 1077. There Pope Gregory the Seventh, a dwarf of one meter fifty, says to the king: listen! In the future, I will be number one in Europe! At first, King Henry the Fourth of Germany doesn't agree. But Gregory, with the network of the merciful Mother Church, so bombarded poor Henry with intrigues that he then waited in penitence in the freezing cold in Canossa until Gregory the Seventh forgave him and kindly did not expel him from the Church.

From then on, it was clear that no secular ruler could rebel against the pope. The schism did not change this: in the meantime the kings elected their own popes against competing popes. At the same time, the apparatus of the church had become more and more an end in itself.

Faith was forced into the rules of the Greek philosopher Aristotle. Nevertheless, there always remained a residue of illogic, which the most famous scholastic Thomas Aquinas then filled out thus:

Credo quia absurdum est - Precisely because it is absurd, I believe.

In the late Middle Ages, lawyers dominated the Santa Ecclesia Catholica. They protected themselves from the common people by speaking in Latin. The reaction of the common people and early bourgeois circles was always present. Especially in the thirteenth century, the faithful ran away from the church in droves. New mixed religions with Indian and Persian roots spread throughout the Balkans and the Mediterranean. The church had to have these heretics militarily massacred by devoted princes. The Waldensians wanted to practice a Christian faith free of hierarchy.

Their founder, Valdes, had the Bible translated into the local language as early as the thirteenth century. The Waldensian dug a big pit for himself, climbed into it and "brooded" about his relationship with God. No need for priests to do that. But the Waldensians were also brutally expelled and moved into impassable mountain valleys. Ur-communist communities spread. And the Adamites ran around naked all the time to meet God completely without possessions. In Germany, mystics like Master Ekkehard preached priestless intuitive faith.

Luther was very impressed by the German mystic Tauler. He had also read the teachings of the English reformer William Ockham. Jan Hus was also well known to Luther. The powerful protest against the business ambitions of the ever-expanding Catholic clergy thus by no means came out of nowhere. That the Catholic Church could not simply pyrotechnically dispose of Martin Luther as it had Jan Hus a hundred years earlier was due to a stroke of geopolitical luck.

For some German electors were angry that more and more funds were being diverted from Germany to Rome. That's why Elector Frederick the Third, dubbed "the Wise" by his followers, made his domain of Saxony the base of intelligent resistance to papal insolence.

Again and again, Frederick the Wise protected Martin Luther. The Vatican demands Luther's extradition from Saxony. Or Luther is to be kicked out of Saxony, only to fall immediately into the hands of the Pope's henchmen. Frederick refuses. The Dominicans accuse Luther of heresy. Sure. The "dogs of the Lord", as the Dominicans call themselves, earn quite wonderfully from the indulgence letters as franchisees of the Vatican. The business with the fear runs super.

Under the protection of Frederick, Luther is able to meet with the papal envoy Cajetan in the Augsburg headquarters of the powerful Fugger Bank, then Goldman Sachs. But because nothing comes of it, Luther slips away again and lets Cajetan know quite cheekily: "I'll be off then!" And because the geopolitical situation is not favorable for the pope, he generously offers to bury the matter quietly.

But Luther goes one better at the Leipzig disputation with Catholic scholars in July 1519. Now he suddenly says: the Catholic Church does not have the monopoly at all to speak for all Christians! The pope is quite capable of being wrong. The learned rulers are left speechless. Now the pope answers with a so-called bull of banishment. This means: if Luther does not finally shut up, a ban will be imposed on him, followed by excommunication and subsequent burning. And eternal hell included.

Luther responds with his book "Von der Freiheit eines Christenmenschen" (On the Freedom of a Christian), where he once again makes it clear in good German that God does not let the clergy interfere in the events of grace; the clergy are therefore simply superfluous. Amen. Luther's chief ideologue Philipp Melanchthon kindles a glorious fire on the Schindanger in Wittenberg. Luther's fans then hurl into this fire what they see as the most evil works of Catholicism. Finally, Luther himself comes and hurls a copy of the papal bull of

excommunication into the fire. Unbelievable! The pope now has no choice but to excommunicate Luther on January 3, 1521, and to put the bull of excommunication into effect against the rebellious Saxon. In earlier times, this would have been an automatic death sentence. Not so with Luther.

Why?

Well, a number of events came together. The most important event was that in 1519 Emperor Maximilian the First died. A new emperor had to be elected. This is because there is no hereditary monarchy in the Holy Roman Empire of the German Nation. However, power is to remain in the House of Habsburg, and so every vote is important. The new emperor is elected by seven electors. One of the seven is Elector Frederick of Saxony. So the Habsburgs have to be nice to him so that he votes for Maximilian's grandson King Carlos of Spain.

Frederick does.

This in turn creates a new uncomfortable situation for the Pope: for the young Carlos brings into the Holy Roman Empire, the most powerful adversary of the Curia, still the two Sicilian kingdoms. Thus the Vatican suddenly finds itself embraced by the Habsburgs in southern Italy and northern Italy. The pope must not provoke anyone: neither the future emperor Charles the Fifth nor Frederick the Wise of Saxony. This explains the waxy attitude against the heretic Luther, who is now summoned to the Diet of Worms in 1521. Like a candidate for death, Luther does not come to Worms.

The city of Wittenberg provides him with a comfortable carriage for the time, and his expenses are also paid by the citizens of Wittenberg. In the foyer of the Diet of Worms, a nobleman murmurs to Luther, "Little monk, little monk, you are going a hard way!" But Luther's powerful patron Frederick is also there and holds his hand over Luther. And so Luther says before the Emperor Charles the Fifth of the assembled crew:

Text quote:

"... unless I am convinced by testimonies of Scripture and clear reasons of reason; for neither the pope nor the councils alone

do I believe, since it is certain that they have often erred and contradicted themselves, I am overcome in my conscience by the passages of Holy Scripture which I have cited, and imprisoned in the word of God. Therefore, I cannot and will not contradict anything, because to do anything against the conscience is neither safe nor salutary. God help me, amen!"

Would actually be a case for warm execution, right? Not so with Luther. In a discreet conversation in the back room, Luther is once again tried to be persuaded to recant. Luther refuses. And instead of Luther now being handed over to the bloodthirsty grinning executioners, the emperor lets him know on April 25 that he should make his escape. And the verdict had not even been pronounced yet!

Luther sets off for Wittenberg. And he knows that the emperor and Elector Frederick have long since made a deal, which can be summarized as follows: if Frederick makes Luther disappear for a year, the emperor will not do anything against Luther. And Luther writes to Lukas Cranach: "I let myself be put in and hidden, don't know where yet myself."

On the way back to Wittenberg, Frederick apparently has Luther kidnapped. Luther then spent a year at Wartburg Castle under the protection of the Elector. And Luther by no means squats the whole time as the alleged Junker Jörg at the Wartburg.

Somewhat unmolested, Luther rides to Wittenberg and gives instructions to his think tank there under Melanchthon. Melanchthon, in turn, gives Luther the tip to translate the New Testament into German. Which Luther then does at Wartburg Castle. The imperial ban was not imposed on Luther until a month after the Diet of Worms. By then Luther had long been safe. The translation of the New Testament into German, however, had surprising collateral effects for Luther. For all over Germany, ordinary people were now reading what was really in the Bible. There was talk of the equality of all people.

Of their equal value. The socialist thoughts of the Sermon on the Mount.

People revolted en masse. That was too much for Luther. He had only thought of clipping the wings of the parasitic clergy. The fact that the peasants were now revolting went too far for the theologian. The peasant leader Müntzer was the "arch-devil of Mühlhausen. Luther sneered: "Therefore, let anyone who can, secretly and publicly, throw, choke, and stab, because a rebellious person is like a mad dog that has to be beaten to death; if you don't beat him, he will beat you and the whole country with you.

But progress could no longer be stopped. And the perverted business with people's fear finally came to an end. At the Council of Trent, Pope Pius the Fifth decreed that indulgences would continue, but that no more money could be made from them. This shows: the fight against the perverted business with the fear of the fellow human beings can be successful, if the interests of the small people are combined with the interests of people from the power apparatus in an intelligent way. Luther proved that.

We learn from the past how to make the future better, with mindfulness on the priestly policy (politics). That is to communicate with forked tongue, the shadowing of capital, land & soil and the deep indoctrination of the masses with the

appropriate multipliers of rhetoric (media and religion).

Therefor this priest politics is to be found again in capitalism, socialism and in communism - a few are rich and many are poor!

These are the three pillars of power in all these ideologies of manipulation and anarchism rejects that and therefore has been always opposed by the priestly policy.

Who upkeeps the system of slavery?

And then we have next to the Alpha-priests the Beta-followers that keep their system alive. Their motivation is either that they have been indoctrinated, sometimes in the second and third family generation. Then we have the Beta-follower that is scared in losing their profession and security. And the last

Beta-follower is the one that is purely interested in making money, having power and fame.

And the last group that psychologists identify within society is the Omega - they are the anarchists, rebels and lateral thinkers. I belong to this group since I was a child and it indicates that there is a genetic trait that forms that type of behaviorism in my character trait.

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Well, how do we see then today 2020, 500 years after Luther, the policy which is nothing else than the modern priesthood after the beginning of the Enlightenment - in which we are still?

The politician caste does not live from the indulgence trade very prosperously like the priests, but the tax incomes permit it a Bundestag delegate with approx. € 20,000.00 in the month to budget.

The politician caste does not live from the indulgence trade very wealthy like the priests, but the tax incomes permit it a Bundestag delegate with approx. € 20,000.00 in the month to budget.

At that time it was the Fugger Bank, today Black Rock, Rothschild & Co. At that time the popes, princes and emperors were indebted to the bankers, today it is the states and corporations.

At that time it was, among other things, the trade in indulgences and customs duties, today it is the stock exchanges and taxes.

What Luther achieved was the alliance between the people and the local power princes by translating the Bible into German and today's Bible is the constitution, that basic law. Just as the people at that time did not know that all people are equal before God, the Basic Law also states that the rich and the poor are equal before the Irish authorities - the judiciary. Perhaps the people at that time suspected, as today that we all have equal rights, only it was never executed in practice or condemned - neither priests nor politicians were ever executed or imprisoned.

In Hellenism 2,500 years ago, an ominous separation took place in philosophy, on the one hand the search for truth - the socratic philosophy and talking to be right - the sophistic philosophy.

In fact the first group is independent and the other dependent from the ***powers that shouldn't be.***

In the 18th century, in the age of the Renaissance, Europe was the forerunner of humanism and parliamentarism strongly influenced by Socratic but also Sophistic philosophy. Humanism came from philosophers like Kant and Nietzsche, for example. Parliamentarism came from the demagogues from the sophist philosophy like Hegel and Rousseau for example who had emphasized the state per se and mass manipulation.


⇒ **The one ask informed questions**

and the others

⇒ transmit certain world views, ideologies

In the 21st century, we are still in the epoch of enlightenment and currently encounter a **fascism, neoliberalism** and **transhumanism** that tries to perfect the psychological mass manipulation with the help of digital technology on and in our bodies - to be enslaved by government & corporation.

Thereby is the whole science is divided as well as the philosophy. The one are committed to the truth and the other are the servants of the power centers - it always depends on who is the client, whose bread I eat, whose song I sing...!



Just as the Bible, God has placed human above the church (Vatican), so is the German Constitution (Grundgesetz) placed above the state. It puts the dignity of the human being and the human rights above everything else and that irrevocably - I believe there the German Basic Law is unique in the world!

The Bible, like the constitution, places the church, the state, the priest, the politician at the service of the community, of society - I think all constitutions are the same in this regard.

The German Constitution - Grundgesetz

The German government in times of the Corona pandemic (allegedly) does not directly interfere with our fundamental rights, but the state transfers the restrictions of these, to private corporations.

What do I mean by that?

- Events of concerts, air travel etc. will only sell their tickets to vaccinated customers - my there is no state compulsion to vaccinate, so no injury to the body or restriction of the freedom to travel.
- Change of the copyright, i.e. the freedom of speech and press will be restricted at the companies (with the exception of Twitter) - so the forwarding of news would be forbidden, they would be copyright infringement.
- Freedom of assembly is restricted because of the mutations of the coronavirus and thus undetermined when it will be lifted.
- Foundations as fact-checkers decide what is freedom of speech and what is fake news.
- It is very important to note that our founding mothers and fathers wanted to ratify the Basic Law by referendum in 1949; but the Allied occupation forces and the German politicians have not allowed and enabled the German people to conduct this vote until today!

WHAT IS THE DEEP STATE?

These rogue agencies and bureaucrats that “have six ways from Sunday” to get back at the elected president of the United States are a key component of the so-called “Deep State.” Among the earliest individuals to use the term “Deep State” and apply it to the United States was Mike Lofgren, a congressional staffer with a top-secret security clearance for almost three decades specializing in national security. The Deep State, wrote Lofgren, is “the state within a state.” “The Deep State does not consist of the entire government,” Lofgren, a liberal who hates the Tea Party, wrote in 2014. “It is a hybrid of national security and law enforcement agencies: The Department of Defense, the Department of State, the Department of Homeland Security, the Central Intelligence Agency and the Justice Department.”

⇒ The NSA, which was exposed by multiple whistleblowers spying on virtually everyone without a warrant, is a “core component of the Deep State,” said Lofgren, author of the 2016 book *The Deep State: The Fall of the Constitution and the Rise of a Shadow Government*. The National Security Council, currently controlled by establishment globalist H.R. McMaster, coordinates the Deep State agencies, he said. Even parts of the judiciary belong to the Deep State, Lofgren added, pointing to the secretive Foreign Intelligence Surveillance (FISA) Court. And Big Business giants in Silicon Valley have been “conscripted” by the Deep State into helping spy on everyone, said Lofgren. Its power is enormous. For instance, the former congressional staffer argued in 2014 that it launches wars around the world at will, never learning lessons — Iraq, Afghanistan, Libya, and Syria are among the recent examples.

Terror, Communism, Crime

Whenever there is any resistance to its agenda by the public, the “Deep State” simply cries “terrorism” to elicit a Pavlovian response from citizens and their elected officials, the former congressional staffer said. Although Lofgren did not go into it in his 2014 essay, the Deep State appears to have no scruples about getting into bed with terrorists or simply inventing terrorism by duping mentally ill people into plots to advance its agenda. As just one recent example, an explosive 2012 document from the U.S. Defense Intelligence Agency (DIA) that was seen by top Obama officials exposed several stunning facts. For one, it shows the Deep State knew that the insurgency in Syria was being led by al-Qaeda — and that the administration was supporting that insurgency anyway. Secondly, it offered proof that creating a “Salafist principality” in Eastern Syria was a policy goal of the Deep State and its allies. With the Islamic State (ISIS), they succeeded, as Trump pointed out on the campaign.

Before “terror” was the key threat justifying the massive budget of the Deep State “intelligence community,” it was the threat of communism, which was, of course, extremely serious — and still is today, with the world’s most populous nation still under overt Communist Party slavery. For some perspective on the type of people who run this Deep State Leviathan, though, a brief look at history is revealing. The recently departed CIA boss John Brennan admitted publicly last year that he voted for the Soviet Union-backed Communist Party USA candidate in 1976 — and that he admitted to voting for a Soviet puppet in a 1980 interview, and was hired by the agency anyway, going on to become the agency chief in 2013 under Obama.

Indeed, even when the CIA was still the Office of Strategic Services (OSS), communists and Soviet agents such as Eugene Dennis (exposed in the Venona documents) were deeply involved in the “intelligence” apparatus. Famous defector Elizabeth Bentley, who spied for the Soviet regime in America

before defecting to the United States and blowing the whistle, testified that she would collect dues for the Communist Party USA from high-ranking OSS officials in Washington. Among those senior communists in the OSS “intelligence” bureaucracy, which eventually became the CIA, was Duncan Lee, the “confidential assistant” to OSS founder and chief William Donovan and the head of the China section at the OSS’ Secret Intelligence Branch. Lee was exposed in the Venona documents, too, along with many others in the OSS.

Beyond terrorism and communism, and before the torture of “suspected militants” became well-known, the “intelligence” and “national security” component of the Deep State also had a long and troubling history with criminals and criminality — so much so that in many cases it is hard to tell where the criminal networks begin and the government ends. One recent example of “Deep State” machinations getting exposed was the now-infamous “Operation Fast and Furious.” As part of the scheme, the Justice Department, the ATF, and other components of the Deep State were caught transferring large quantities of American weapons to brutal Mexican drug cartels. Then, they blamed the violence on the Second Amendment. When caught, top officials perjured themselves and tried to pretend it was part of some “investigation.” But then, news emerged that the supposed “target” of the “investigation” was already on the FBI’s payroll. The media did its best to sweep it all under the rug.

Drug trafficking by “Deep State” intelligence agencies has long been something of an open secret. More than a few officials, drug lords, and analysts have said the CIA and other secretive agencies actually run the global trade in narcotics. Former DEA chief Robert Bonner, during an explosive interview with CBS, revealed that his agency had learned that the CIA unlawfully imported a ton of cocaine into the United States in cooperation with the Venezuelan government. More recently, a Mexican official accused the CIA of “managing” the global drug trade. “It is impossible to pass tons of drugs or cocaine to U.S. without some grade of complicity of some American

authorities,” observed Mexican President Felipe Calderon in a 2009 interview with the BBC. And an explosive 2014 investigation by the Mexican newspaper El Universal revealed that for over a decade, under multiple administrations, the U.S. government even had a secret agreement with the ruthless Mexican Sinaloa drug cartel that allowed it to operate with impunity and ship drugs into America at will.

Sometimes, the proceeds of the drug running are reportedly used to finance secret wars and regime-change operations. The most infamous example, perhaps, was the “Iran-Contra” scandal, in which the CIA and its Contras in Nicaragua were credibly accused of trafficking cocaine into the United States to help fund their war. An explosive investigation by reporter Gary Webb dubbed the “Dark Alliance” uncovered a vast CIA machine that reportedly shipped illegal drugs into the United States to fund clandestine and unconstitutional activities abroad, including the financing of armed groups. Webb eventually died under highly suspicious circumstances — two gunshots to the head, officially ruled a “suicide.” Responding to Webb’s discoveries, top officials and even lawmakers eventually acknowledged that the CIA almost certainly had a role. “There is no question in my mind that people affiliated with, or on the payroll of, the CIA were involved in drug trafficking,” explained then-U.S. Senator John Kerry (D-Mass.).

Regime Change, War

Leaving drugs aside, the CIA also has a long history of overthrowing foreign governments without any semblance of a constitutional declaration of war from Congress. From Iran and Guatemala to Congo and the Dominican Republic, the CIA has played a key role in overthrowing more than a half-dozen governments where its involvement is publicly known — and probably plenty more where the CIA's role is still hidden. Foreign Policy estimates the number of governments overthrown by the CIA at seven. That does not include numerous other operations where the U.S. government — or the “Deep State” — used military intervention, assassination, or backing for homegrown insurgencies. And that does not even include interventions where there was not regime change but where other goals were pursued. Critics say the real numbers are much higher. As if that was not enough, the CIA also played a crucial role in imposing the European Union on the once self-governing peoples of Europe, as official documents show.

In some cases, elements of the “Deep State” have even shown that they are not above using “false flags” to carry out their agenda. Documents from the U.S. Defense Department on Operation Northwoods, for example, outlined a proposed plot in in the early 1960s to have the CIA or other “Deep State” agency perpetrate terrorist attacks against American or Cuban civilians or military targets to blame it on the Castro regime. One scenario involved shooting down an airliner. Another involved bombing in Miami. Yet another would have sunk a boat filled with refugees fleeing Castro's tyranny. “The desired resultant from the execution of this plan would be to place the United States in the apparent position of suffering defensible grievances from a rash and irresponsible government of Cuba and to develop an international image of a Cuban threat to peace in the Western Hemisphere,” the document states. The plan was ultimately rejected by then-President John F.

Kennedy, but the fact that it was developed at all is very revealing.

Ironically, the regime in Cuba was put into power with key help from the U.S. government and the “Deep State behind the Deep State,” which will be examined in an upcoming article. The U.S. Ambassador to Cuba, Earl Smith, wrote a book about it, *The Fourth Floor*, and testified to Congress that Castro would never have come to power without U.S. government support. Indeed, Deep State machinations have been responsible for putting into power and empowering, even militarily, all sorts of monstrous and murderous regimes around the world that have later become “enemies.” CIA documents prove that the Deep State even helped arm Iraqi tyrant Saddam Hussein with weapons of mass destruction prior to the Persian Gulf War, even though the CIA knew he was perpetrating brutal crimes against his own people and others.

Mind Control, Spying

Under the guise of fighting communist brainwashing, the CIA also engaged in horrific experiments aimed at studying and understanding mind control. Among other tactics, federal officials used LSD and mind-altering chemicals, surviving files from the CIA's Project MKUltra show. According to declassified CIA documents, congressional investigations, and testimony from victims, other efforts to control and engineer human behavior explored by Washington, D.C., involved hypnosis, sexual abuse, and torture. Then-CIA boss Richard Helms reportedly sought to obstruct congressional investigations by ordering all MKUltra documents destroyed. Still, at least two congressional committees investigating the CIA's mind-control programs uncovered horrifying experiments often performed on unwitting victims — in some cases, on individuals confined in mental institutions, and even children.

The “intelligence” component of the Deep State has also used propaganda and manipulation of the media — even against Americans. One stunning but proven example revealed in declassified documents was the CIA's Project Mockingbird (also known as Operation Mockingbird). According to official documents, the scheme, launched in the early 1950s, aimed to hijack the U.S. media to parrot CIA propaganda. While many of the documents are heavily redacted, it is clear that the CIA program was wildly successful in recruiting globalist pseudo-journalists to do the Deep State's bidding. Among the names mentioned in the documents are Joseph Harsch of the Christian Science Monitor; Henry Luce, founder of Time and Lifemagazines; Walter Lippman of the Los Angeles Times Syndicate; CBS' William S. Paley; Time magazine's John Scott; Harry Schwartz of the New York Times; Chalmers Roberts of the Washington Post; Newsweek's Malcolm Muir; and more. William F. Buckley, founder of neocon journal National Review, was also a CIA lackey. Each of those was also a member of the globalist Council on Foreign Relations, part of

the Deep State behind the Deep State. Over 400 American “journalists” carried out assignments for the CIA, according to documents cited by Carl Bernstein of the Washington Post.

Then, of course, there is the lawless spying on Americans, revealed by whistleblowers. Among the most important insiders to expose the illegal spying was William Binney, a senior NSA official who spent 30 years at the NSA before resigning to expose the criminal surveillance of the American people. “I knew I could not stay because it was a direct violation of the constitutional rights of everybody in the country,” he explained, citing the “Stellar Wind” program. “[The NSA] can build up knowledge about everyone in the country, and having that knowledge then allows them the ability to concoct all kinds of charges if they want to target you.” Basically, the NSA knows virtually everything about everyone, he suggested, adding that they have collected and stored most of the e-mails sent and received by Americans and at least 80 percent of phone calls. Later, Edward Snowden also revealed that the NSA was spying on essentially everyone, all the time, with help from Big Business. All of that data is being stored in places such as an NSA facility in Utah that can save a “yottabyte” of information, equivalent to about 500 quintillion pages of text.

Warnings about these capabilities have been offered for generations. In 1975, Senator Frank Church, for example, who led the congressional investigation in the FBI’s COINTEL “counter-intelligence” program, offered a particularly stark warning about the potential abilities of the NSA being used against Americans. “The NSA’s capability at any time could be turned around on the American people, and no American would have any privacy left, such is the capability to monitor everything: telephone conversations, telegrams, it doesn’t matter,” warned Senator Church. “There would be no place to hide. [If a dictatorship ever took over, the NSA] could enable it to impose total tyranny, and there would be no way to fight back.” Since then, those capabilities have only expanded beyond Orwell’s wildest dreams — and just as Sen. Church

warned, the espionage apparatus has been turned on innocent Americans.

Even Congress is not safe from the Deep State “intelligence” machine’s illegal snooping. In 2014, Senate Select Intelligence Committee Chairman Dianne Feinstein (D-Calif.) accused the CIA of spying on her committee’s staffers charged with oversight over the CIA. She also said the agency had deleted files from the Senate Committee’s computers. Speaking on the floor of the Senate, Feinstein, who is normally an apologist for the Deep State and illegal spying, said the CIA machinations against Congress may have violated the separation of powers principles of the U.S. Constitution. “It may have undermined the constitutional framework essential to effective congressional oversight of intelligence activities or any other government function,” she continued, adding that several CIA officials had admitted the scheming. In that case, the target was a Committee report exposing CIA harsh “interrogation” techniques and CIA lies about it. But with the ability to spy on lawmakers (or Supreme Court justices) comes the ability to blackmail them, too.

Perhaps even more alarming than spying on Americans and their elected officials are the Deep State’s murders — and murder is the correct term, because the victims have usually never even been charged with a crime, much less convicted by a jury in a court of law. So extreme have the developments become that a former senior intelligence official told the Washington Post that the CIA had been turned into “one hell of a killing machine.” A former leader of the CIA and NSA was caught on video in 2014 bragging in public about how the “intelligence” apparatus murders people based just on their metadata. Today, the CIA has murdered thousands of people around the world using missiles fired from drones. It seems Obama was fond of using the CIA as his own personal assassination squad, as recounted in the book *The Way of the Knife: The CIA, a Secret Army, and a War at the Ends of the Earth* by Pulitzer Prize-winning journalist Mark Mazzetti. But it is almost certainly not a recent development. In 1975, it emerged in Senate testimony that the CIA had developed a

gun that shoots an "ice dart." The frozen projectile would enter the body and cause a heart attack upon melting, leaving virtually no evidence of the crime. Top officials have suggested that today, the CIA can murder people by hacking into their cars, too, again leaving no observable evidence.

Deep State Exposed

Since Trump burst on to the national political stage in the latest election, most of the criticism about the Deep State's "intelligence" network has come from conservatives and Republicans. Even some honest Democrats, though, have expressed concerns about the "Deep State" intelligence community and its apparent war on the president — and by extension those who elected him. "You have politicization of agencies that is resulting in leaks from anonymous, unknown people and the intention is to take down a president," former Congressman Dennis Kucinich (D-Ohio) told Fox News' Sean Hannity. "Now, this is very dangerous to America. It's a threat to our republic, it constitutes a clear and present danger to our way of life. So, we have to be asking, what is the motive of these people? Who's putting these leaks out? Why doesn't somebody come forward and make a charge and put their name and reputation behind it, instead of attacking through the media and not substantiating their position?"

After confirming that he believed President Trump was "under attack" by the "deep state intelligence community," Kucinich went even further, saying that it targets anyone who stands in its way. He also suggested that the "deep state" was at work setting policy under Obama, too. "Not only that, Sean, it has to be pointed out in October of 2016, that same deep state overrode the decision of President Obama and Secretary Kerry, to come to an agreement with Russia to a ceasefire in Syria," said Kucinich, a leading anti-war Democrat targeted by the establishment for his honesty. "They overrode it and launched an attack against a Syrian military base. So, this is a problem in our country. We've got to protect our nation here. People have to be aware of what's going on. We've got to stand up for America, this isn't about Democrat, Republican. This is about getting what's going on in the moment and understanding that our country itself is under attack from within."

As the next article in this series will show, many of the ostensible kingpins of the “Deep State” intelligence apparatus, as well as their key enablers, are deeply intertwined with the Deep State behind the Deep State. For example, CIA and NSA bosses routinely attend Bilderberg meetings, and often have deep links to the Council on Foreign Relations and/or the Trilateral Commission, two visible organs of the Deep State’s Deep State. Disgraced General David Petraeus, who was put in charge of the CIA, is a regular Bilderberg attendee and a member of the globalist Council on Foreign Relations, which has openly expressed its goal of undermining national sovereignty in favor of “global governance.” When he was done with his government “service,” as with many other supposed “public servants,” he was scooped up by Wall Street investment behemoth KKR. Now, he spends some of his time shilling for the end of America and the emergence of a European Union-style “North America.” His agenda and trajectory are typical among Deep State swamp creatures. Another typical Deep State “intelligence” operative deeply intertwined with the Deep State behind the Deep State is Michael Hayden, who has led both the CIA and the NSA. Like Petraeus, Hayden is a member of the Council on Foreign Relations and has attended the secretive annual Bilderberg gatherings. He has also publicly expressed sentiments that, in a sane nation governed by the rule of law, would instantly result in his indictment for mass murder. “We kill people based on metadata,” he bragged at the 2014 Johns Hopkins University’s Foreign Affairs Symposium when explaining how important the illegal spying and collection of metadata was to the “intelligence” bureaucracies’ machinations. More than a few critics have also suggested that Hayden should be prosecuted for his role in approving torture, which is a federal felony that could even result in the death penalty being imposed if a victim died. Many of Hayden’s victims died, as have their children and families.

The “Deep State” and its “intelligence” component are coming into public view amid the election of Donald Trump, the spying

on his campaign and his transition, the “unmasking” scandal, the carefully orchestrated take-down of National Security Adviser Mike Flynn, and other developments. Meanwhile, Deep State operatives and “Swamp creatures” are burrowed firmly into the Trump administration.

Among them is National Security Adviser H.R. McMaster, another CFR member and Bilderberg attendee who has been protecting Obamaites and purging Trump loyalists from the National Security Council. But the fact that polls show a strong plurality of Americans now recognize that the “Deep State” exists is very encouraging news. Almost half of Americans see the Deep State, while just a third believe it’s only a “conspiracy theory.” At this point, it is up to Americans to educate themselves on the threat, expose it, and stop it. The alternative is an end to self-government and everything that entails.

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Secret societies - too big to fail & jail

In this case I keep myself short, because there are enough books which deal with it in detail. I am just giving an overview of the centers of power that possibly go back to the empire of the buzzers in the Middle East 5,000 years ago and to the Egyptian empire that is even much older.

The modern secret societies in 2020 are the secret services and banks, actually the central banks, the World Bank and the International Monetary Fund (IMF) that control capital.

At the political level we have three major institutions: Club of Rome, the Council of Foreign Relations founded in 1927 by the Rockefellers and its branches Skull & Bones for the political offspring and the Trilateral Commission for the offspring of the Trans-National Corporations - the three stands for Europe, USA and Japan/China.

In these secret societies there is the inner circle which made a blood oath not to pass on anything to the public what is going on, the outer circle are the wannabes, i.e. those with the super ego conflict belonging to it, but without the necessary intellect.

Those with the intellect, capital and power in the 20th century included Henry Ford, Prescott Bush, Cecil Rhodes, J.P. Morgan, Hanfstengel and Rockefeller in the USA. In Europe, it was mainly the British and Dutch royal families (Bilderberg Group). Some of these individuals (Henry Ford, Rockefeller, Morgan, Warburg ¹¹) were also the ones who provided Adolf Hitler with the capital and technology to gain political power in Germany and to upgrade the country technically and militarily to wage war against Russia. What they did not know was that Hitler himself had aspirations to rule the world, and that is something that the modern secret societies of the Anglo-Americans wanted. It turns out that these ambitions were also wanted by the British Empire in the 19th century.

In the 18th and 17th centuries we see that it was the secret societies of the Freemasons (Illuminati), Adam Weishaupt, George Washington were Freemasons among others.

The Rothschilds as a banking dynasty, who founded all central banks, the World Bank and the Bank for International Cooperation were and are responsible for the money they print out of NOTHING! They were involved in the three revolutions USA, England and France. They were involved in building Karl Marx and Joseph Lenin and subverting the Russian Empire. ¹²

The idea to rule the world, however, does not go back to the Freemasons, it comes from the Knights Templar who often had to deal with the other power that also wanted to rule the world: the Vatican.

The Cathars from the South of France founded the Knights Templar and before that the power goes to Asia Minor, the Middle East via Rome, Athens Persepolis, Babylon and then Summer and Egypt. Up to here everything can be proved quite well by documents which are available to us.

But who was before that goes into the realm of myths, some like the pre-astronaut Erich von Däniken prove scientifically that there are mummies in Peru which do not come from earthly biology and the author Zecharia Sitchin "believes" that it was the extraterrestrial Anunnaki who gave us the ability to rise with the help of technology of the antiquity to an antique world power - I remain skeptical there...however, it holds for plausible that the planet earth was no coincidence as the only life and above all intelligent life brought forth!

Fact is however that the bankers of the central banks always decided on war and peace, up to the today's day. In the USA two presidents tried to print their own state money Abraham Lincoln and John F. Kennedy, both were murdered!

So, these are the forces of the evil, a force of the good ones gave and gives it always, they do good things are however

never so organized and powerful as the forces of the evil. The development of transhumanism that the homo ape becomes a cyborg I see with calmness and confidence. Man loves his iPhone & Co. so much that we have become addicted to it. So it is quite desirable that we connect with artificial intelligence of networks that can be implanted in our brain if this is desired by the individual. Only here my mistrust arises that the forces of evil consider this cyborg as a perfect slave and in this case we don't have the possibility for revolution and rebellion anymore - once it is possible to control our thoughts bio-chemically like they do it memetically since the beginning of human civilization with indoctrination, then

freedom in the community is just as impossible as free will.

If they are able to control these two algorithms in our brain, humanity will finally go into the matrix of elites. When an AI system has enough data about each individual, when it understands more about us than we understand ourselves; can ultimately manipulate our thoughts and feelings and ultimately decide for us - this is now technically possible, humans can be "hacked", writes Yuval Noah Harari who also works for the elites.

But if we manage to bypass the agenda of the power elites, if we ordinary people manage to get away from their power structures and then start building our own structures with the help of today's technology and the alternative knowledge that exists - I think that's what the elites are so afraid of! For the elites it is so important to control our minds because that is why there is this information war.

I think it is so important not to get involved with the power system. It is so important not to focus on the reaction with the problems that are forced on us by the media and the politics, the advertising and the slave employment relationship.

It is ultimately up to each and every one of us, the change we want to see can only start with each and every one of us - Gandhi was absolutely correct in recognizing this and demanding it of us.

So focusing on solutions is, in my opinion, the most important thing that each one of us has to do.

About the solutions of:

- alternative finance
- alternative housing
- alternative food
- alternative communities
- alternative education and schools

we deal with that at the end of this book.

FREE MIND

Will the digital homo cyborg have free will at his disposal, when it is actually just another, a third, algorithm that the animal man is now trying to put into mental chains? It is probably so that we can connect to an artificial intelligence in a network and thus receive information that will be practical, that will be correct and that is possibly based on a truth that is at least, as far as truth can be based on facts. This will make the rational Homo Sapiens a real and true rational being.

But we are still facing a problem, we are still bound to algorithms that cannot allow us to live in mental freedom. As the ego-ego tells us in the psychedelic trip from the magic mushroom: don't do that! You are going crazy! And the ego-ego understands very well that it only means its death, it only means the dissolution of these bio-chemical and memetic algorithms. These algorithms are good at giving us the feeling of security, like a good slave owner gives the slave: you are fine, but if you leave me and go out into the world, you will perish in this world. This is how the state, the employer, the parents talk to their children and what is the consequence?

We give up the desire for freedom, the empirical I can never be free, an empirical I insists on greed, lust for power, revenge, punishment and retribution, no matter how religiously and/or morally versed. We see this in the justice system where the right to judge is obvious and from millennia of experience we know that this does not work. The man from Nazareth, the inquisition courts and also Georg Hegel and Emanuel Kant have recognized that we humans as guilty cannot be held responsible. The neurology of today comes to no other conclusion than Kant or Jesus. Freedom is a self-deception of the brain! Well, deterrence should work, the fear of punishment keeps people to rules. So, the homo cyborg will give the feeling of freedom, the renunciation of revenge, envy and greed?

So, what about the many people, not only Jesus, Krishnamurti or Gandhi, who practiced kindness? Why did they explain to us that a forgiven understanding is much better!

The saying is one of the most important of this man from Nazareth: **"Judge not!"**

On Bergasse 19 in Vienna, a man invented psychoanalysis, Freud knew that you cannot explain people with the mind. One must do justice to man, he said, by looking at this world from the perspective of the subject, a suffering person, until he becomes a criminal. One would have to put understanding in the place of the will to know by reasonable means. That which is still understood by Hegel as reason must prove itself in understanding - and how can this happen without forgiveness, how can the child forgive its parents and not see itself as a victim? But that would be a change of perspective in the whole, one looks from the other!

"A child is beaten" was once an essay by Sigmund Freud. It is not only the question of what the child experiences, but also what does the brother, the sister, the other one who is with them do, and out of fear they see their relationship with their father radically deformed and deteriorating. How much trust is lost and how much resistance is born? How does the soul of a child develop in the face of punishment, humiliation, exclusion?

When you and your wife start to understand this, you become aware of how much deformation the criminal justice system contains and thus actually prevents crimes. The psychoanalysts see this completely as Jesus once said: Help instead of punishing! I want to heal and help, not to accuse, not to condemn.

This approach is the component of our algorithms, we only bring them into society as a projection - can the digital homo cyborg understand, control and channel this?

Can a cyborg see the good in every Homo Sapiens, in every Homo Cyborg, can goodness be described in digital algorithms, is it possible to turn the left cheek when the right cheek has just been slapped?

We must not leave our soul to the state as an institution, most of us have understood that, but we must not leave it to a digital corporation either. I am sure that we can only develop ourselves into goodness and unconditional love, neither Jesus nor Freud as a psychoanalyst have achieved this in terms of area.

We must realize that there is a piece of evil in each one of us, writes Jordan Peterson, but also a piece of an angel. There is no objective reason at work here, we have impulse gratifications of the algorithms.

We hear so often that the world has to change, politics and so on, which nobody understands: it is perfectly sufficient if only we change ourselves - that is what we can do, the others will not be transcended even with a digital network of AI.

This tendency to transcend also contains the evil to survive, as Eugen Drewermann put it so nicely. If we do not understand this, not only understand it, but grasp it, touch it and take it in. And this can only be done with forgiven understanding...Do not judge, not even yourself, in order to understand everything...

It may even be that we as cyborg will not have this kind of humanity, it will be a logical contradiction in the digital algorithm of AI networks - who will help helpless people and voluntarily lose themselves in the will. To love a sinner, an enemy, a wife who has cheated, a daughter who has left - if Homo Sapiens does not WANT this, then the digital cyborg will not do it under the logical - mathematical - aspects, rationality and economy; just as the Pharaoh, the state and the church tried to do the right thing with absolute and stubborn authority in the claim of truth.

Kindness is not useful or economical, but kindness, this love is the cosmic magic. The result of the complexity we could already experience in the last book, how the cosmos is getting

faster and faster, more and more complex and complex - as if there was a goal

He who is without guilt, throw the first stone at this woman who has broken her husband's heart, Jesus said...she will learn love more deeply by showing kindness.

Actually, a critic of Christ, Friedrich Nietzsche around 1870 could say something like this:

So, the woman said, I broke the marriage, but first she broke me. And Nietzsche heard it, I am justice, and so the revenge for being just crows. And Nietzsche demanded, yet shows me a punishment that makes itself superfluous through its goodness.

Actually, everything in us should change in order to establish a good life!

Well, let me close with Jiddu Krishnamurti what he says about the Matrix we live in and the potential of developing a free mind, a free will:

“You are second-hand people. Don’t pretend you’re not. You are completely wrong the way you live., completely stupid the way you’re carrying on. And you try to find something that is original? That is ridiculous. The objective reality is original and how will you be able to understand that when you use your conditioned thought? Therefore you must have an original mind, which means a free mind. A free mind that can operate in the field of knowledge and a free mind that will only observe to learn – no judgement, no ideologies, none of that crap. Look, I never belonged to anything, no church, no belief, all that. If one is committed on the path of knowledge, he or she must naturally set aside everything built on thought – the savior, the master, the gurus, all that goes. Deny the intellectual and spiritual authority, of every kind! Are there people doing that? Why are you following them, why are you accepting them and all the things they have put on you, can you be free from all

that, so that anybody through meditation anybody away all thoughts. ion anybody away all thoughts. Will anybody undertake that journey? Or will you say: Well, you tell me all about it. I'll sit comfortably and then you tell me. I say I won't describe that, I won't tell you a thing about it! To put it in words is to destroy it! The negation of everything that thought has put together, because thought is time, thought is matter and if you're living in the field of thought there will never be freedom. You can talk endlessly about books, this comes first, then you can read the books. You follow, sir?"

Bullshit Matrix

If you, the reader truly think that the Homo Cyborg is going to unslave us, you are probably lost, even though you have read this book. As long as the Centers of Power are designing,

controlling the Cyborg we stay to be live-stock!

Currently we are resonating with all of nature and each other. What they are trying to implement is a system where life is not able to resonate anymore with nature, but only with their AI-Networks and your implanted *nanobots* communicate with this global machine.

I think they are still prototyping, but it is astonishing what type of creepy technology they are working on. It is financed by Wall Street and therefor by the globalists. The contend is going to be censored just like the contend in our schools, universities and of our media. There is no doubt that there are good people resisting and working for this Babylon-System, as Bob Marley called them, but they are just following and running up the *Empire-Ladder*. They believe they are free individuals and yet enslaved, traumatized since childhood by their parents who didn't know better themselves.

Terence McKenna once said: What are psychedelics doing? They dissolve boundaries, they are exposing the *cultural-operating-system* – they are forcing a maturation process by dissolving the matrix, that's what they do. They alienate us from the inane, insane and dangerous software of them, it is exposed by the trip and we may take it back!

The hard choice you are pushed for is not trading one *neoteny software* with another, but intellectual responsibility, freedom and a devotion to what some call “elegance.”

How can you tell one theory from another, between politics, religion, philosophy so on and so forth? He thinks the final call is esthetic. That because we are monkeys, because we are so far from “God” we cannot set knowing the TRUTH as the standard from all the software-models we forcefully chose by our mental algorithms. We can only set our moral compass to the *more true*. Ludwig Wittgenstein called it the “true enough” and how do you recognize that? Plato said that the key lay in understanding the **good**, the **true** and the **beautiful**. The good is tricky to know, the true even trickier – but the beautiful is easy to discern.

So, making choices based on beauty or better on harmonic insights is where you should set your compass and not good and truth, not because they are not fine things, but they are so slippery. It is worth pointing out that we are making matrixes for a very long time, a virtual reality is part of many living organisms.

When we free ourselves, we free ourselves with an obligation! It must be consciously integrated with all of cosmic nature, using beauty as the compass. With freedom of that sort comes an enormous responsibility. An obligation to awaken and simultaneously to dream. The necessity for paradox, we can only speak in two modes at once. Otherwise the awakening process will be dramatic and demoralizing, to eco-catastrophes, planetary warming, political and economic corruption. And to counter act this disempowerment is to serve the possibility to bring an ever-greater amount of beauty into this world. ¹³

Conclusion

- ⇒ Always keep an attitude of critical skepticism towards everything and everybody.
- ⇒ Don't judge & don't tell anybody what to do.
- ⇒ Empathy is understanding the others and that can't be done if we have not forgiven. them to be a monkey that makes mistakes.
- ⇒ Do only observe the observer and don't be guided by your impulses and conditioned thought pattern.
- ⇒ Anarcho-pacifists seem to me good candidates of forming a community.
- ⇒ Pay attention to your attention that observes your cultural & natural algorithms.
- ⇒ The psychedelic mushroom is the only way that someone can experience the other side of the matrix that I know of.
- ⇒ Welcome the technology of the Homo Cyborg and the Sentiment World Simulation, it might be our best choice to become a being with Free Will and to become a (digital) multi-planetary civilization.

Freedom from the global elite

What we should understand is that the power centers of evil that I have described are so powerful and the public, the working slaves are so powerless that I think a fundamental reformation of society in my lifetime is unlikely.

There is a group of individuals in Germany who have a web site: unsere Verfassung e.V. and there they explain in very simple steps what we could do to establish a constitution that was promised to us in the Basic Law when it was written in 1948. In this constitution we can state that the politicians are obliged to the population and not to the lobbyism of the capital and the companies. We are allowed to vote but also to hold referendums at any time, we are the only nation with a constitution that puts human rights and the dignity of the individual in the first place, all other nations have the state in the first place that must be protected - we could be an example for all other nations in the world to follow this, our constitution. But even we are not allowed to implement the Basic Law as our founding fathers and mothers wrote it - politics does not want it, capital does not want it and that is obvious because that would be the end of the power centers. of all power centers!

Another step for humanity to free itself from the power elites is the exact opposite of what is happening; decentralized government from the bottom up - not a central (world government) national government ruling from the top down. This allows us to decide locally what is right and good for the people and for local nature. Certainly what the World Economic Forum claims is true that certain global problems can only be solved globally, i.e. centrally, such as wars, famine, natural disasters and environmental degradation. However, it can be argued that these problems can be solved collectively, because we all live in a common house called Planet Earth. This is valid for local currencies in connection with others as well as the solidary help for people who are in need.

What is decisive here is that it is not decided authoritatively by the power elites, but is worked on factually and honestly - politics is a virus!

The two psychoanalysts Eugen Drewermann and Erich Fromm have made a social analysis of how a person without the urge for money achieves satisfaction living in a neurotic - normopathic - society.

The first one had a historical, Christian approach. The basic laws of capitalism are the cause of all suffering said Buddha and the man from Nazareth, that money, money makes is wrong, be it from derivatives or from compound interest. He claims that even a Rothschild is a pathologically driven, anyone who is infected by the virus of power. Thereby, from a psychological point of view, it is always preceded by a trauma from childhood - "you are something, you are respected when you have something..." This is indoctrinated to almost every child by his parents, but the power of money is broken when we understand that we have within us a wealth that is not to be equated with money and power.

Drewermann says: "Money is the power of the powerless, the beauty of the ugly, the merit of the parasites, the intelligence of the weak-minded, the strength of the unscrupulous, the scope of the jaded..."

It is an addiction of which I do not know anyone who would have stopped the addiction.

The latter, like Prof. Rainer Mausfeld, has brought in a social-psychological approach from science, in Fromm's case with one of his books: *To Have or To Be*.

In many details all three do not differ in any way. Mausfeld and Fromm see the human being as a computer with bio-chemical and memetic algorithms, even though they do not use these terms in this way. The psychoanalysts like Freud and Jung have their own vocabulary for this (memes) but basically they all say the same thing:

- ⇒ man has no free will, his unconscious behavior patterns come on the one hand from nature and on the other hand from culture (education).
- ⇒ But these behavioral patterns can be broken with a therapy that is oriented to the past imprints.
- ⇒ Satisfaction is possible, even without strong narcissism and without possessions a self-esteem can be achieved.
- ⇒ A content serenity cannot be achieved with these character imprints of greed and envy, it deforms the human being and makes him mentally and physically ill.
- ⇒ Economic growth means mental desolation, they are mentally destructive and empty.

However, no one else can make and transfer this realization for one, we have to liberate that ourselves and thus become a Free Human.

Next is poor interpersonal communication. When two mathematicians, chemists or engineers communicate with each other, they understand each other because of the precise language they use. When I talk to my children, communication is not always promising; often we think we understand the other - but we don't!

Wir glauben fest das unsere Entscheidungen die wir getroffen haben unsere individuelle Entscheidung war die wir auserwählt haben, dass ist aber nicht der Fall - wir sind unfrei in der Wahl die wir treffen.

This finding may be the most significant one, at the same time the factors education, working conditions, balanced nutrition and physical health are a consequence of the Free Man - the one does not go without the former, the awakened, the

enlightened, free spirit.

Our reality is made by language, demagogues use this knowledge from psychology and philosophy; the *Great Reset* is an attack on your enlighten spirit...!

I would like to conclude here by putting down some memes from Claudia Simone Dorchain:

"Socratic philosophy, unlike sophist philosophy, is devoted to truth and not talking to be right. I would like to say that if we look at the civilization history of mankind, there is a red thread and that is the priestly politics and I don't mean a particular religion, but the priestly caste.

The priestly policy was based on three pillars since the ancient Egyptians:

- ⇒ the squandering of capital & money
- ⇒ the squandering of land & soil
- ⇒ the rhetoric, mass manipulation

This arrangement still exists today, the financial industry and the big tech corporations.

This form of divide and rule began not with weapons, but with language, with information. The priestly caste uses a different language, a simple manipulative language for the people and another for themselves.

That is why a historical memory is so important for us to be able to understand the present, today it is these modern priests of power who with the help of science are doing their deep indoctrination as Mausfeld calls it, is mass manipulation - I also have no answer to how we can break up these ancient powers of power. Certainly, the digital communication we use is very helpful and a source of power we should preserve at all costs, the censorship that is currently taking place on the social media and the mass media is a potential explosive for the elites.

But the elites always wanted an upper class and a lower class, a middle class was and is not wanted, but this is just being destroyed during the Corona-Pandemie, the Agenda 21. The elites want to dictate, fix and ultimately digitally, technologically fix our whole lives in the body and mind.

We must recognize this and beware of it, otherwise the pressing problems of the present cannot be fundamentally changed.

We should therefore be careful not to be ideologized, culture is not our friend as Terence McKenna said.

We must be careful not to be divided into right, left, national, global, capitalist and socialist.

We should be mindful of how we treat our own body, our educational potential, our family circle, when we use the word love with the thought that love must be given a value in return

- love is unconditional, but we are being pathologized and neurotized by these three pillars of power and the media.

If I could draw the reader's attention to this, then it was worth my effort.



...perhaps to be continued...

¹ <https://youtu.be/kikzjTfos0s?t=28>

² YouTube: Terence McKenna – The Human Story

³ YouTube: Terence McKenna – The History Of Shamanism

⁴ YouTube: Terence McKenna – Magic & Hermetic Tradition

⁵ YouTube: 35C3 – The Ghost in the Machine

⁶ YouTube: Machine Dreams (33c3)

⁷ Video on LBRY: <https://bit.ly/37KPeI6>
Source : https://youtu.be/SSnJhHOU_28

⁸ YouTube: Ring of Power 1 - Empire of the City

⁹ YouTube: Dr. Charles Morgan on Psycho-Neurobiology and war.

¹⁰ YouTube: Dark Journalist – Catherine Austin Fitts Stopping The Technocrat Takeover!

¹¹ YouTube: Fleshing out The Cabal I Banking Dynasties - Then and Now

¹² YouTube: Secret History of America's Ruling Class by Jim Marrs
and:
Anthony Suttons Book about Skull & Bones (also on YouTube)

¹³ YouTube: Terence McKenna – Psychedelic Dreams